

M O N D A Y 2 9 ^{T H} F E B 2 0 1 6

Welcome to the Tropical Far North of Australian – G'day!

On arrival Afternoon at leisure.

Complimentary coffee, tea, milk and safe deposit box in your room

Wi-Fi - 24hrs free in your room.
Hotel Lobby WIFI & public computers, free limited to 30min sessions.

Hotel pool, spa & gym on 4th floor 6.00am – 10.00pm. Towels at pool or reception.

Passports needed to change money at banks, money exchange, and hotel reception.

5.00pm Meet in the Lobby. We will start with a “welcome drink & get-together” followed by the tour briefing. Then to our Welcome Dinner – 6.00pm

Accommodation Cairns - Pullman Reef Hotel & Casino – 3 nights

Please reset your watches, phones and alarm clocks to the local time

Cairns has a range of duty free shops, and tourist souvenirs. Most of the duty free stores can be found on Abbott Street, souvenirs and gifts try along Lake Street, a good place to look for handcrafted artifacts such as didgeridoo's and boomerangs

Woolworths, the national supermarket chain entrance on Abbott Street between Spence and Shields Streets. Open 7 days 8.00- 9.00pm.

Cairns Central shopping mall has an extensive range of stores and services, including the only department store north of the Brisbane. It has over 180 stores.. Cnr McLeod and Spence Streets, Open Mon-Fri 9:00 - 6:00; Sat 8:30 - 5:30; Sun 9:30 - 4:30

The Cairns Wildlife Dome is an all-weather wildlife exhibit encased by a 65ft high glass dome on the rooftop of the Casino at our Pullman Reef Hotel
Rainforest birds and animals wander and fly freely throughout the enclosure that replicates their natural environment, with free guided tours and presentations all day. Entry \$22pp
9.00am – 6.00pm daily.

Cairns foreshore scenic boardwalk, leads to the Esplanade Lagoon. The 52000 sq foot saltwater swimming lagoon offers locals and tourists a year round safe swimming location. Complete with the sandy edges, and duty lifeguards.

Australia

Australia is the smallest, flattest, and driest of the world's continents. About 94 percent of the country's area lies below 2,000 feet of elevation, and most of it receives less than 20 inches of rain per year. The lack of mountains, glaciers, and recent volcanic activity means that the soils are the oldest in the world, severely nutrient-leached and infertile. Australia's northern regions are in the tropics, whereas the southeast and southwest lie in temperate zones. But over two-thirds of the continent's land mass is desert or semiarid. The climate in Australia is the most unpredictable in the world from year to year as well as extremely variable between seasons.

Aborigines have inhabited Australia for at least 40,000 years. But their hunter-gatherer lifestyle remained largely unchanged until the arrival of European convict settlers in 1788. The diseases and force brought by the Anglo-Celtic settlers gradually overpowered the Aborigines during the 19th century. White Australia's economy grew rapidly during the second half of that century, fueled by export booms in wheat and gold. Australia struggled with two world wars and the Great Depression during the first half of the 20th century. But four million new immigrants and discoveries of massive deposits of base minerals and oil and gas triggered another half century of rapid economic progress after the close of the Second World War. The country faces four fundamental conflicts – Aboriginal rights versus mining and pastoralist interests, industrial protectionism versus globalization and trade expansion, multiculturalism versus xenophobia, and unrestricted development versus environmental protection.

Cairns

Population: approximately 160,000.

Cairns is a popular travel destination for foreign tourists because of its tropical climate and proximity to the Great Barrier Reef (less than an hour by boat) and the tropical rainforest Daintree National Park and Cape Tribulation, about 80 miles north.

Cairns has grown at a phenomenal rate since 1979, the opening of the Cairns International Airport it became a major tourist destination for overseas travellers

In 1770 Captain James Cook first sighted the future site of Cairns and recognised its potential for development into a port. Gold was discovered inland and Cairns founded in 1876. In 1924, the railway line from Brisbane was terminated at Cairns and so it became the major city in north Queensland. During World War II, Cairns was used by the Allied Forces as a staging base for operations in the Pacific and afterwards it slowly reinvented itself as a centre for tourism.

Sugar Cane, Bananas and pineapples are grown in the coastal areas. Positioned in the tropics - 16° 60'S, Cairns has experienced strong cyclones, - March 2006 Cyclone Larry destroyed crops and damaged ¼ of houses south of the city. Bananas reached \$14.00 kilo, \$3.00 per banana in the following 9mths as 80% of Australia's banana crop had been flattened. Feb 2011 cyclone Yasi hit just south of Cairns and again destroyed the banana crops and prices escalating. Yasi was the strongest since records have been kept.

T U E S D A Y 1^{S T} M A R C H 2 0 1 6

From 6.30am	Breakfast - (Included)– Tamarind restaurant, ground Floor. Please give your name and room number. Select cold items from the buffet and order your hot dish, tea or coffee with the waitress
8.00 am	Meet in the lobby and depart hotel for a short sightseeing drive through Cairns before boarding our train for the rainforest village of Karunda. Arrival 10.20pm with time on your own for shopping and lunch.
12.20 pm	Meet and depart Karunda for the Skyrail station. Descend back down to Cairns over the canopy of the rainforest on Skyrail Gondola. Re-board our coach at the bottom.
2.30pm	A short visit to the tropical "Flecker" Botanical Gardens .
4.00pm approx	Return to hotel, the evening is yours to explore Cairns.
Meals included	Breakfast,

Wear comfortable walking shoes, bring cameras, insect repellent, water bottles, sunscreen, hats and rain jackets

Hotel Concierge or reception will assist with maps and directions but here are a few suggestions for dining

Restaurants – many along the waterfront of the harbour and Esplanade.

- Barnacle Bills \$\$\$ quality seafood, very popular, Esplanade
- Salt House \$\$\$ Marina Point, excellent food and great views
- Rattle & Hum \$\$ Wood fired Pizza Oven, busy, Esplanade
- Cairns RSL Club \$\$ casual dining, popular with locals, waterfront Esplanade
- The Courthouse hotel \$\$ casual, popular, outdoor eating option. 38 Abbott St
- Perrotta's at the Gallery, \$\$ small café style, excellent food. crn Abbots & Shield St
- Mondo Café & Grill, \$\$, casual, popular. Close to hotel, great views. Harbour side.
- Flinders Bar & Grill \$ casual meals. Casino
- Café China Noodle Bar \$ great tasting affordable, front of Customs House at Casino.

Follow the Cairns Boardwalk starting on the harbourside directly opposite the hotel. Continue past Mondo Café, you will pass many good dining options some of Cairns best.

Night Markets \$ many stalls, good variety, casual, Esplanade

Kuranda is a small town on the Atherton Tablelands, situated at 1080ft (328m) above sea level, it has slightly cooler temperatures than Cairns. Surrounded in rainforest Kuranda can be reached by road (16miles/25ks), scenic railway or the skyrail gondola cableway. It has a population is 650 but receives thousands of tourists each week. Attractions in the town include a regular market, consisting of a range of arts and crafts, a bird park, butterfly sanctuary, koala sanctuary and nearby waterfall - Barron Falls.

Skyrail Rainforest Cableway is a 7.5km (4.7miles) scenic cableway running above the Barron Gorge National Park from Kuranda down to Cairns . There are two stops or mid-stations where you get off and walk along the boardwalks into the rainforest, where interpretive information is provided. Our one-way experience takes approximately 1.5 hours.

Red Peak Station, the first stop is the highest point of the cableway, at 545 m (1788 ft)

Barron Falls Station, your ssecond stop is adjacent to the Barron Falls has the interpretive centre.

North Queensland Rainforests - Just north of the Barron Falls Rainforest is the World heritage listed Daintree. It is the largest rainforest in Australia and is located in the north of Cairns from Port Douglas to Cape York.

The Daintree Rainforest and Barron Gorge National Park are tropical rainforest, that is - a rainforest where the temperature is above 30 degrees and rainfall is common all year round. The Daintree is protected under World Heritage listing covering approximately 5000 square miles. It is the remaining remnant of a time when the climate supported extensive rainforest across the entire Australian continent.

It is one of the world's most ancient forests and contains rare plant descendants that retain many of their ancestors primitive characteristics, some dating back 110 million years. From a total of 19 primitive flowering plant families on Earth, 12 families are represented in the Daintree region.

This region which represents little more than 0.1% of the area of Australia contains 30 % of Australia's frog, marsupial and reptile species, 65% of Australia's bat and butterfly species and 20% of the bird species. 70 animals and 700 plants are endemic to NE Queensland

W E D N E S D A Y 2^{N D} M A R C H 2 0 1 6

From 6.30am	Breakfast – Tamarind Restaurant
7.30am	Meet in Foyer and walk to the Cruise terminal for our Great Barrier Reef trip aboard the Ocean Spirit. (Tour and lunch included)
8.30am	Boat departs for Michaelmas Cay, 9.00am - Safety demo, Reef brief, snorkeling and dive demonstration 10.30. Arrive Michaelmas Cay – start reef activities - semi-submersible boat for reef viewing, swimming, snorkeling etc
11.45- 1.00pm	Buffet lunch served on board the Catamaran
5.30pm	Approx return to hotel
6.00 pm	Meet in lobby and walk through the hotel to the Reef Casino Wildlife Dome - Koala Encounter, 6.00-7.00pm
Meals included	Breakfast, lunch.

Wear casual cloths – shorts, T-shirt and your swimsuit under your cloths (limited changing on board). Bring sunscreen, hats, camera, insect repellent, also your medications. Towel – towels supplied in the foyer for you to collect before departure.

Valuables - leave in safe in hotel but you may want cash/credit card for incidentals onboard.

Use Sunblock today – including backs of legs, neck, and tops of feet and reapply often for the Australian sun.

Snorkeling equipment is included, available onboard. Prescription masks available on board - \$20 deposit refundable on return. Introductory Scuba Diving - \$110 includes equipment and briefing. Speak to staff immediately on boarding if interested to do this.

There are fourteen world heritage listed sites in Australia, including the Great Barrier Reef Marine Park in Queensland, Kakadu and Uluru Kata Tjuta (Ayers Rock), National Parks in the Northern Territory, the Greater Blue Mountains near Sydney and Shark Bay in Western Australia.

The reef first became known to Europeans when the HM Bark Endeavour, captained by explorer James Cook, ran aground there on June 11, 1770, sustaining considerable damage. It was finally saved after lightening the ship as much as possible and re-floating it during an incoming tide

Great Barrier Reef

The Great Barrier Reef is the largest coral reef system in the world, composed of over 2,900 individual reefs and 900 islands stretching for 2,600 kilometres (1,600 mi) over an area of approximately 344,400 square kilometres (133,000 sq mi). The reef is located in the Coral Sea, off the coast of Queensland.

The Great Barrier Reef can be seen from outer space and is the world's biggest single structure made by living organisms. This reef structure is composed of and built by billions of tiny organisms, known as coral polyps. The Great Barrier Reef supports a wide diversity of life, and was selected as a World Heritage Site in 1981. CNN has labelled it one of the 7 natural wonders of the world.

A large part of the reef is protected by the Great Barrier Reef Marine Park, which helps to limit the impact of human use, such as overfishing and tourism. Other environmental pressures to the reef and its ecosystem include water quality from runoff, climate change accompanied by mass coral bleaching, and cyclic outbreaks of the crown-of-thorns starfish.

The Great Barrier Reef supports a diversity of life, including many vulnerable or endangered species, some of which may be endemic to the reef system. Thirty species of whales, dolphins, and porpoises have been recorded including the dwarf minke whale, Indo-Pacific humpback dolphin, and the humpback whale plus large populations of dugongs. Sea turtles, mollusc, including the giant clam, pipefish, seahorse live in the reef along with 1,500 species of fish, including the popular clownfish, 400 species of corals, both hard corals and soft corals and 215 species of birds..

Australia's fragile environment

With only 0.3% of the world's population in a continent nearly as big as the United States, it would be easy to assume that Australians have a lot of space and ample natural resources. In fact, two thirds of the country is arid or semi-arid and only partly habitable due to the lack of permanent water. Both Australia's climate and annual rainfall are highly variable and only 6% of Australia's land is classed as arable. It is classed as the driest continent in the world and water is therefore the country's most precious commodity. Australia is also one of the most highly urbanised in the world. Over 80% of Australians live in urban centres within 50 kilometres of the coast and these areas make up only about 1% of the total land mass of Australia.

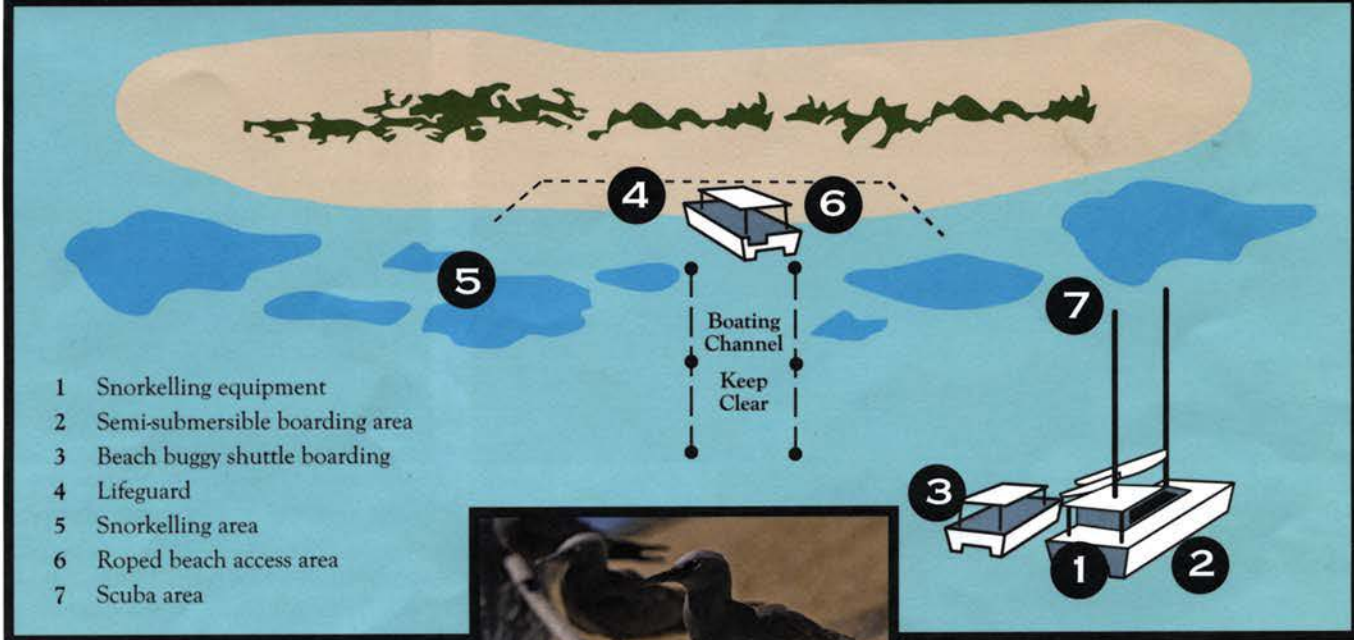
Agriculture accounts for the major use of land – 60% is agricultural land. Agricultural products now make up 3% of Australia's gross domestic product compared to 25% in 1950. Over time, other industries such as manufacturing, mining and services have expanded significantly. However much of the damage to the environment from land clearing, desertification, salination, water degradation and soil acidity has already been done. Methods of agriculture imported from Europe by the first migrants to Australia were highly unsuitable for the climate, particularly the limited rainfall, and soils. Australia, a continent millions of years old, has soils that are ancient, fragile and beset by accumulated salts. Land clearing - one third of native forests have already gone to make way for agriculture, mining and forestry - resulting in a huge loss of biodiversity and severe soil erosion



Welcome Aboard!

TODAY'S ACTIVITIES AND INFORMATION

PLEASE READ THIS ACTIVITY SHEET AND LISTEN CLOSELY TO ANNOUNCEMENTS TO ENSURE YOU MAKE THE MOST OF YOUR DAY.



- 1 Snorkelling equipment
- 2 Semi-submersible boarding area
- 3 Beach buggy shuttle boarding
- 4 Lifeguard
- 5 Snorkelling area
- 6 Roped beach access area
- 7 Scuba area

ABOUT MICHAELMAS CAY

A low lying vegetated sand cay encircled by a fringing reef, Michaelmas Cay is a National Park and a protected sanctuary for migratory seabirds.

- Located on the western tip of Michaelmas Reef, it is 43km north-east of Cairns and 17km north of Green Island.
- The vegetated coral reef island covers an area of 1.8 hectares and rises to a height of 3.5m above sea level. The cay is around 360m long x 50m wide.

A PROTECTED BIRD SANCTUARY

Michaelmas Cay is a major natural seabird habitat and one of the most important in the Southern Hemisphere. At least 23 species of seabirds have been recorded here. Many breeds find this island an ideal nesting habitat and is one of the most significant bird sanctuaries on the Great Barrier Reef.

At the height of nesting and breeding season (during Summer months) up to 20,000 birds have been observed.

To protect this environment, access to Michaelmas Cay is limited to the restricted area marked out by rope.

BIRD WATCHING

- Please do not approach seabirds to the point where they move from their nests or young, become stressed or take flight.
- Do not attempt to touch seabirds, their chicks or eggs. Please see crew for more detailed bird watching information.

SOME HISTORY

For a period during the late 1800s and early 1900s Michaelmas Cay was used by sea cucumber pickers (Beche-de-mer) and for guano mining. In 1937 it was declared a fauna sanctuary and formally a national

park in 1975. The Cay has cultural significance to the local Gungandji, Mandingalbay-Yidinji and Yirriganydji indigenous peoples.

THE ENTIRE GREAT BARRIER REEF IS A WORLD HERITAGE AREA AND PART OF THE GREAT BARRIER REEF MARINE PARK.

- Law protects all fish, corals, shells and other marine life. It is illegal to take anything from the reef or island. Please take only photographs.
- Please do not touch or feed any wildlife. Fish feeding is strictly controlled.
- We recommend that you swim at least one metre away from coral to prevent accidental breakage and damage to these delicate living creatures.
- Thank you for helping us to preserve this magnificent natural wonder of the world. If you have any questions, please ask one of our friendly crew.

Enjoy your visit to the beautiful Great Barrier Reef

TODAY'S ACTIVITIES & GENERAL INFORMATION

TIME TABLE SCHEDULE MAY CHANGE SUBJECT TO CONDITIONS

8:00AM	Morning tea /coffee served on boarding. For your safety hot drinks are not served once vessel is underway.
8:30AM	Depart Cairns for Michaelmas Cay. Safety demonstration, reef brief and snorkelling demonstration.
9:30AM	Informative Great Barrier Reef marine biologist presentation.
10:00AM	Dive brief for Scuba Divers.
10:30AM	Arrival at Michaelmas Cay, activities and beach transfers commence: <ul style="list-style-type: none"> • Fish feeding presentation (onboard vessel). • Snorkelling is from the island. • Semi-submersible tour - departs from rear of Ocean Spirit. • Scuba Diving times as advised. The Beach Buggy shuttle operates between the island and the vessel throughout the day. Last transfer from boat to beach is 1.30pm.
12 - 1.30PM	Buffet lunch served onboard. After lunch, time to enjoy more reef activities.
2:30PM	Afternoon tea served onboard. A passenger count is conducted before leaving the Reef. Crew will announce when this commences and we ask all passengers to co-operate during this very important procedure by not moving about the vessel. Depart Michaelmas Cay for Cairns.
4:00PM	Reef presentation. We are sailing! (weather permitting)
5:00PM	Arrive at Cairns Reef Fleet Terminal.

YOUR OCEAN SPIRIT

CRUISE INCLUDES:

- Morning tea and coffee served until departure.
- Hot & cold buffet lunch, afternoon tea.
- Use of snorkelling equipment and instruction.
- Semi-submersible coral viewing tour.
- Fish feeding presentation
- Reef presentation by a marine biologist.

OPTIONAL ACTIVITIES:

- Introductory Scuba Diving for first time divers.
- Marine biologist guided snorkel tour.

If you are interested in participating in Optional Activities, please see our crew as spaces are limited.

GENERAL INFORMATION

SMOKING	Due to government legislation, smoking is prohibited onboard this vessel. Smoking is permitted on the island, however, please ensure cigarette butts are disposed of responsibly.
SEATING	Reserved seating is not provided. You are welcome to move around the vessel and obtain a seat of your preference.
OUTSIDE SEATING	Passengers are asked to secure hats, sunglasses and other loose items to ensure they are not lost overboard.
FEEDING	Feeding is strictly controlled by the Great Barrier Reef Marine Park Authority. Do not throw food scraps to any fishes or birds.
TOILETS & CHANGE ROOMS	Male and female toilets are located on the lower deck and can be used as change rooms, entrance is from the main cabin. There are no toilets on the island.
SNORKELLING EQUIPMENT	Fins, masks, snorkels and buoyancy vests are available. Lycra suits are available at additional cleaning cost. Please read the snorkelling tips and information provided in this brochure.
TOWELS	Towels are available for hire from our cabin crew. A deposit will be required.
SOUVENIRS	Souvenirs, sunscreen and other items are available for purchase. If you require any items for use during the day, please enquire at the bar.
DRINKS AND SNACKS	Morning and afternoon tea/coffee are available from the bar. For the safety of all passengers, hot drinks will not be served while the vessel is in motion. Soft drinks, wines, beers and spirits are available from our bar. Please do not consume alcohol before snorkelling or diving.
LUGGAGE	For the comfort of all passengers, please do not leave luggage on seats.
SUN SMART	The tropical sun is very strong. We recommend you use sunscreen and wear a lycra suit while swimming.
SEA SICKNESS	For those susceptible to motion sickness, tablets are available as an effective prevention to nausea. We recommend you move to an outside deck to enjoy the fresh air if you begin to feel ill.
FIRST AID	Coral cuts and other marine contact injuries may need medical attention, please see crew for advice.

VESSEL SAFETY

PLEASE READ SAFETY INSTRUCTIONS AND WATCH CREW DEMONSTRATIONS

SAFETY INSTRUCTIONS ARE PROVIDED IN CLEARLY MARKED HOLDERS THROUGHOUT THE VESSEL.

ENJOY THE GREAT BARRIER REEF IN SAFETY

THE GREAT BARRIER REEF IS HOME TO MANY UNIQUE, COLOURFUL AND INTERESTING MARINE CREATURES. WHILE THE MAJORITY OF ALL MARINE LIFE SHARES ITS HABITAT IN HARMONY WITH HUMAN VISITORS, CARE NEEDS TO BE EXERCISED TO PROTECT AGAINST SOME FORMS OF MARINE CREATURES.

MARINE STINGERS

At certain times of the year, jellyfish, commonly called marine stingers, can affect the seas of Northern Australia. Most jellyfish are harmless to man, however certain varieties may cause a serious reaction. Jellyfish of this kind are normally only found in waters close to the mainland and do not usually frequent the outer reef. Incidents involving serious marine stings in this area are extremely rare.

The crew are very conscious of the danger of marine stingers and will take the appropriate steps to ensure your protection if they believe there is a possibility of encountering these creatures. It is important that snorkellers listen to the advice given by safety staff who will advise the degree of risk on any particular day.

MARINE ANIMALS

A number of marine animals, including shells, have defence mechanisms that can sting or even disable a person. It is best to observe marine animals without touching them.

CORALS AND PLANT GROWTH

Plants and corals may have stinging mechanisms which can be painful or irritating. It is best not to touch corals and plants to avoid the discomfort of stings and to avoid damaging them.

LYCRA SUITS

Lycra suits are available and recommended while snorkelling to protect you from the sun and to reduce the possibility of stings and irritations (a maintenance and cleaning charge will apply).

Crew will take orders for the hire of lycra suits during the forward journey to the reef. Please return your lycra suits as you reboard.

PLEASE READ CAREFULLY - ASK OUR LIFEGUARD FOR ANY ASSISTANCE BEFORE ENTERING THE WATER, ESPECIALLY IF YOU HAVE NEVER SNORKELLED BEFORE.

SAFETY

Your crew will do their utmost to ensure your safety during all of the day's activities, however, all swimming and snorkelling is undertaken at your own risk.

- Do not consume alcohol and eat only in moderation before snorkelling or diving.
- Always snorkel off the beach where our lifeguard can see you.
- A lookout will be in position at all times snorkellers are in the water.
- Always snorkel with a partner. Ask a travel companion to be your "snorkelling buddy".
- If you experience difficulty, signal the lookout by waving one or both arms above your head. Please listen carefully to instructions from the lifeguard if you are being rescued.
- Do not snorkel in the boating channel. Vessels may use some areas nearby. Please do not snorkel in these areas or under the vessel.
- If diving below the surface, look up when ascending and place your hands above your head to protect against collisions.
- One long blast on the ship's horn is a signal to recall all snorkellers from the water.

SNORKELLING TIPS

- + SELECT YOUR MASK, FINS AND SNORKEL FROM THE BINS ON THE PLATFORM (PONTOON).
- + FOR YOUR OWN SAFETY, FIT AND REMOVE FINS ONLY WHEN YOU ARE IN THE WATER.
- + RINSE DISINFECTANT SOLUTION FROM YOUR SNORKEL AND MASK IN SALT WATER BEFORE USING.
- + PREPARE MASK FOR SNORKELLING. SPIT ON INSIDE OF GLASS OR ASK CREW FOR DEFOG SPRAY, RUB BRIEFLY AND RINSE IN SALT WATER. THIS PROCEDURE REDUCES FOGGING.
- + WHEN FITTING MASK, ENSURE YOUR HAIR IS CLEAR OF MASK.
- + PLACE STRAP HIGH ON THE BACK OF YOUR HEAD AND YOUR SNORKEL UNDER THE MASK STRAP IN FRONT OF YOUR EAR.
- + SEAL LIPS TIGHTLY AROUND SNORKEL MOUTH PIECE AND BREATHE ONLY THROUGH YOUR MOUTH.
- + TO CLEAR WATER FROM YOUR MASK, TILT YOUR HEAD BACK OUT OF THE WATER AND LIFT THE BOTTOM OF YOUR MASK TO LET WATER DRAIN OUT.
- + CLEAR WATER FROM YOUR SNORKEL BY EXHALING THROUGH THE SNORKEL.
- + IF UNCOMFORTABLE WITH YOUR SNORKEL, PLEASE ASK A CREW MEMBER FOR ADVICE.
- + ALWAYS LOOK AHEAD WHEN SNORKELLING TO AVOID COLLISIONS.



FIRST AID

To avoid infection or coral poisoning it is essential all scratches or cuts are treated at our first aid station at the designated locations. Please ask any crew member for assistance if you have any injuries.

IMPORTANT MEDICAL ADVICE

- The Queensland Government advises that diagnosed or undiagnosed medical conditions pose an increased risk to older age snorkellers and that precautions are recommended.
- Be aware of your own physical limitations and swimming ability and do not try to exceed these. Water depth and Marine Park regulations prevent swimmers from resting on the ocean floor or coral reef.
- Snorkelling can be a strenuous activity, even in calm conditions. If you are older age, or suffer from heart disease, asthma, lung complaints, epilepsy, diabetes, allergies to stings and bites, or any other medical condition which can be made worse by physical exertion, you should take special caution and inform our lifeguards of your situation and snorkel in an area that allows closer supervision.
- Flotation devices are recommended and should be worn by older age persons and those with medical conditions or poor swimming ability.

ABOUT THE GREAT BARRIER REEF

THE GREAT BARRIER REEF

The Great Barrier Reef extends for 2300km along the north-eastern coast of Australia. It is not one large reef but a network of about 2900 individual reefs. Corals need three main things for growth - warm water, sunlight and low nutrients.

On this coast there is a shallow continental shelf only 20-30 metres deep, which has given the Great Barrier Reef the chance to form. The whole Great Barrier Reef is a marine park, but with zones which allow for different uses. Reefs we visit allow for water activities but not fishing or collecting. These activities can be conducted under strict guidelines at other reefs.

SAND CAYS

Today we are travelling to Michaelmas Cay. Sand cays are formed by accumulated fragments of plant and animal skeletons that collect on the lee of a reef. A newly emerged sand cay develops vegetation when birds bring seed and fertilizer, or floating seeds land and germinate on the island. The roots of plants stabilise the shifting sands and the cay becomes more permanent.

CORALS

Corals are animals in the same family as jellyfish but make a solid skeleton of limestone. They can pull themselves into the skeleton (most corals do this during the day) when unfortunately they look more like rock. It is important to realise they are alive and sensitive. Pictured are a few types of the 400 species of coral on the reef, some of which are brightly coloured.

PLANTS

You won't see many plants on the reef but they are still the important base of the food web. Microscopic plants live in the coral's tissue and produce sugars by photosynthesis. The corals absorb much of these sugars for up to 90% of their food while the plants benefit from a safe house and good supply of carbon dioxide. Giant clams live with plants in a similar way and grow to one metre and at least 50 years old.

FISH

There are over 1500 different types of fish out here and each has its own job. The way to see the most while snorkelling or diving is to move slowly, looking ahead not straight down. Fish are much better than we are at swimming and will disappear if chased but we can float and watch them for ages if relaxed.



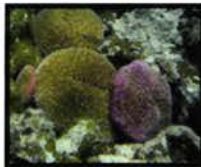
Map courtesy of Great Barrier Reef Marine Park Authority.



Staghorn Coral



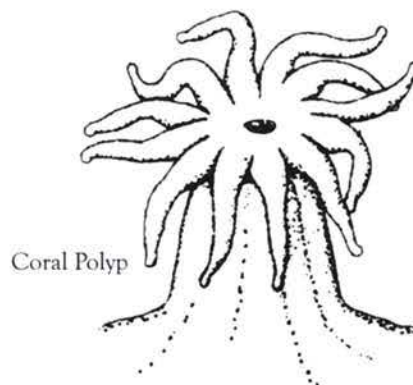
Brain Coral



Mushroom Coral



Plate Coral



Coral Polyp

PRESERVING

THE GREAT BARRIER REEF

THE CORAL REEF YOU WILL VISIT IS A WORLD HERITAGE SITE AND ITS PRESERVATION IS EVERYBODY'S RESPONSIBILITY. PLEASE HELP US PRESERVE THE REEF.

- Do not stand on the coral. Coral is living and easy to damage.
- Snorkel in deeper water along the edge of shallow reef areas.
- Only snorkel in shallow areas when you are confident you or your fins will not bump corals.
- If smoking, please place ash and butts in the trays provided.
- Don't throw food scraps to fish, birds or any animals.
- Use clothing to stop sunburn and minimise the use of sunscreen.
- Don't urinate in the water, there are toilets onboard the vessel.
- Be kind to the reef animals and don't handle or harass them, it may cause problems that are not immediately obvious. Our crew handle a select few animals as examples.

THIS IS A MARINE PARK, COLLECTING IS NOT ALLOWED.

TAKE AWAY ONLY PHOTOGRAPHS AND HAPPY MEMORIES.

PROTECT OUR NATURAL HERITAGE FOR YOUR CHILDREN, PLEASE DO NOT STAND ON THE CORALS.

Ecotourism is ecologically sustainable tourism with a primary focus on experiencing natural areas that fosters environmental and cultural understanding, appreciation and conservation.

FEEL FREE TO ASK CREW ABOUT THE INTERESTING SIGHTS ON THE REEF OR ISLAND.

HAVE A GREAT DAY ON MICHAELMAS CAY AND PLEASE LOOK AFTER THE ANIMALS, THIS IS THEIR HOME.

THANK YOU FOR SHARING YOUR DAY WITH US ABOARD OCEAN SPIRIT

THE QUICKSILVER GROUP ALSO OFFERS A VARIETY OF REEF EXPERIENCES INCLUDING OUTER REEF AND ISLAND CRUISES, DIVE AND SNORKEL ADVENTURES AND LIVE-BOARD DIVE TRIPS. PLEASE ASK A CREW MEMBER FOR MORE INFORMATION ABOUT OUR SPECIAL OFFERS AVAILABLE.

WWW.OCEANSPIRIT.COM.AU



T H U R S D A Y 3^{R D} M A R C H 2 0 1 6

From 6.30am	Tamarind Restaurant Breakfast -
8.15am	Bags outside the door – “checked luggage” only. Bring your own “Hand Carries” to coach. Check you have everything from your room safe Pay incidental account at reception before departure. .
8.15 – 9.15am	Lecture – same area as we had the Welcome briefing
9.30am	Coach departs Cairns airport. Flight QF1949 departs to Alice Spring at 11.20am, flight time 2.hrs 20mins. Refreshments served onboard. You will be screened at the airport, this is a domestic flight No sharp items in your hand luggage but liquids are allowed. If you have in your hand-carries – computer, umbrella, or the small allowable sized aerosols, these will need to be displayed at the security screening. (shoes do not need to be removed)
	Clocks back ½ hr
1.15pm	Alice Springs - transfer directly for our tour - visit Anzac Hill Memorial, School of Air Royal and Flying Doctors
4.00 pm	Double Tree by Hilton – our hotel for 2 nights
	Evening at leisure. Dine either “in house”, choose from options at Lassiters Casino or taxi to Alice Springs
Meals included	Breakfast

Remember to take any medications you require in your hand carries today as you do not access your luggage until you are at the hotel in the evening

Double Tree by Hilton hotel

Wi-Fi & public computer Hotel lobby free of charge. No WIFI in rooms

Guest Laundry – opposite lifts. \$1.00 coins, = \$4.00 Wash, \$1.00 soap, \$4.00 Dry

Swimming Pool - outdoor, Tennis Court, Golf, Gym (24hrs) – behind reception area.

Alice Springs

Population: approximately 28,600. Altitude 608 metres, or 1998 feet above sea level.

It is the second largest centre in the Northern Territory and is popularly known as "Alice". Best known from the title of the Nevil Shute novel "A Town Like Alice", (little of the story actually takes place in Alice Springs), it is also as an important focus of Aboriginal culture. In Alice Springs, temperatures vary dramatically. In summer the average maximum temperature is in the high 30C's (98°F+), where as winter nights can be down to near freezing. Annual rainfall averages 8 inches, mostly between December and February.

The town was originally founded in 1870 as a staging point for the overland telegraph line. This was Australia's first link with the rest of the world. Charles Todd, the Postmaster General of South Australia, began to supervise the building of the overland telegraph line to Port Darwin from Adelaide, relying largely on maps drawn by the explorer Stuart, 10 years earlier. Construction took 2 years in which time they pushed through about 3,250 kilometres (2,020 miles) of bush and desert. The two ends of the line eventually met north of Alice Springs in 1872, this Australian connection then linked with a cable from Darwin to Java and on to Singapore and Europe.

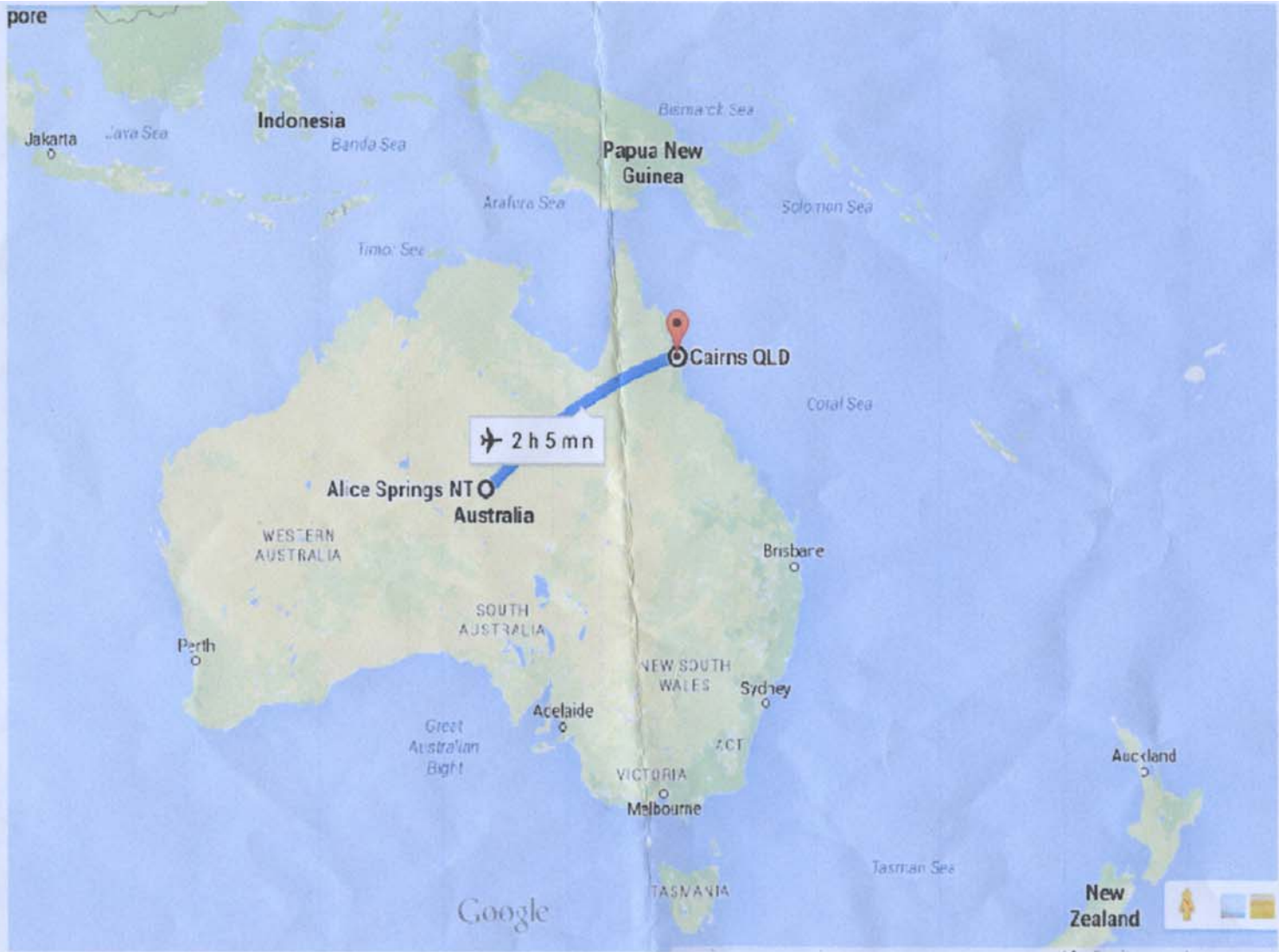
As the regional hub of central Australia it attracts Aboriginal people from all over the region and well beyond. Many Aborigines visit regularly to use the town's services. Aboriginal residents usually live in the suburbs, on special purpose leases (or town camps) or further out on the small family outstation communities on Aboriginal lands. During the 1960s it became an important defence location with the development of the US/Australian Pine Gap joint defence satellite monitoring base, home to about 700 workers from both countries.

ANZAC

ANZAC stands for Australian and New Zealand Army Corps. The soldiers in those forces quickly became known as ANZACs, and the pride they took in that name endures to this day.

ANZAC Day – 25 April – is probably Australia and New Zealand's most important national occasion. It marks the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War. Present day it commemorates all those who died in the service of their country and to honour returned servicemen and women.

Commemorative services are held at dawn, a time when people reflect on the many different meanings of war. After the Memorial's ceremony, families often place red poppies beside the names of relatives on the Memorial's Roll of Honour, as they also do after Remembrance Day services. Remembrance Day (marking the end of the first war) in Australia is held 11th Nov (11hr of 11th day of 11th mth) but in NZ it is the Friday before ANZAC day and is known locally as "Poppy day" when people buy the artificial red poppies as a donation to the RSA



FRIDAY 4TH MARCH 2016

From 6.30am	Breakfast Springs Bistro - ground floor
7.50am	Coach departs hotel for our Aboriginal tour, Dreamtime with Walpiri. We view local artist and have the opportunity to buy You may want to take some money - cash only accepted
10.45am	Continue on to Standley Chasm, walk - 30 mins each way followed by lunch. Next stop is at Simpsons Gap – 10 mins walk
3.00 pm	Double Tree Hill by Hilton
6.15pm	Coach departs for our Outback Bushman's Dinner. Dress in casual comfortable cloths as we are outdoors (but under cover)
Meals included	Breakfast, Lunch, Dinner

Tomorrow is our coach ride to Yulara, departure 7.30am – you may want to settle any incidental accounts tonight. Medications must be in your Hand Carries as the luggage is packed under the coach and not available until we reach Ayers Rock mid-day.

Dining Suggestions in Alice Springs

Double Tree Hilton – \$\$, The Deck Eatery & Bar.

Lassiters Casino (along the street from our hotel)

\$\$, Tali –popular, Aust & Asian with touch of Outback (pre-book),

\$\$, Juicy Rump – bar& grill (free Wi-Fi).

Overlanders Steakhouse - \$\$, 72 Hartley St, try buffalo, kangaroo, crocodile or camel.

Activities

Reptile Centre - 9 Stuart St \$12pp. open 9.30-5.00 daily. Holds an interesting collection of Australian reptiles. Recommend the display show 11.00, 1.00 & 3.00pm

Aboriginal Arts and Crafts - Todd St Mall. Alice is the centre for the much sort after art from the central desert area. Painting are in the "dot style". This is your best place on our tour for buying.

The Kangaroo Sanctuary - a 90 acre wildlife bush-land reserve where Brolga's mob of 25 kangaroos live. Brolga, star of "Kangaroo Dundee" a 2 part BBC2 documentary, established the baby kangaroo rescue centre in Alice Springs in 2005. Bookings essential – 2.5hrs sunset tour \$85 (transfers included – depart from hotel approx 4.40pm)

Aboriginal Statistic Timeline

Birth 2.3 per cent of the Australian population. Their family consists of 3.5 people, compared to a non-Indigenous family which averages about 2.6 people. 12.6% of newborn will be of low birth weight, double the rate of non-Indigenous babies

5 years old By this time chances are high the Aboriginal child has been exposed to pornographic material and possibly attracted a sexually transmitted disease if it lived in a remote community 80% of Aboriginal children have some form of hearing problem.

15 years old If the Aboriginal person is male, 33% of his age peers will be dead before they reach the age of 60. Only 8% of the average non-Indigenous peer group do so

18 years old The average Indigenous Australian has dropped out of school last year - only about 38% of Indigenous students complete year 12, but 76% of non-Indigenous kids do.

Now that they're over 15, they are likely to be obese or overweight - 61% more likely, compared to non-Indigenous Australians (48 percent).

20 years old 20 years was the median age for the entire Indigenous population in 2001, while on average the non-Indigenous population was 36 years old.

The average Indigenous Australian has trouble finding work. They are likely to join 27% of their age group who are unemployed while only 13% of their non-Indigenous have no job.

25 years old About 6% of the average Aboriginal Australian's Indigenous compatriot will be in prison. In some rural areas as many as 33% Aboriginal males will go to prison at some stage of their life. In about two year's time their father dies.

If the average Aboriginal man had married, his wife would be 25 times more likely to suffer from domestic violence than non-Indigenous women. If his wife attempts to have children, she's five times more likely to die at childbirth.

They can only dream of going to university. Less than 2% of the Aboriginal population goes to university compared to more than 4% of the non-Indigenous population who do.

As a male, 108 of his peer group of 100,000 would have committed suicide by now, 40% more than in the general population.

30 years old On average his weekly earnings are \$364, compared to \$585 for a non-Indigenous peer, but could be as low as \$267 if they lived in a remote area.

40 years old 50% chance they're a smoker (compared to 22% of non-Indigenous Australians) and they're three times more likely to develop heart disease.

50 years old In a remote area the average Aboriginal person dies before they reach the age of 50, 35 years before their non-Indigenous countrymen would die. They're 10 times more likely to have developed type 2 diabetes than a non-Indigenous Australian,

60 years old An average Australian Aboriginal person dies while his non-Indigenous peer lives for another 24 years.

S A T U R D A Y 5^{T H} M A R C H 2 0 1 6

From 6.00am	Breakfast - Springs Bistro
6.30am	Bags outside the door – checked luggage. Bring your own hand carries to coach.
7.30am	Coach departs on the journey south to Uluru (Ayers Rock). We will be making stops on the way. First is the Camel Farm with a chance for those who wish to ride a camel - \$7.30pp – Stop at Mt Ebenezer Road House – toilets and refreshments available. Art works for sale done by the local Aboriginal community
Approx 1.30pm	Sails in the Desert – Voyages Hotel at Yulara Resort. Lunch can be bought in the hotel at Walpa Bar, or the short walk to the Resort shopping Centre, Gecko'sCafe, Ayers Wok Noodle Bar, Kitlata Café or Supermarket.
TBA	Meet in the lobby. Coach departs to the Uluru-Kata Tjuta Cultural Centre . We will then drive right around "The Rock" stopping for a guided walk to learn the stories and view the rock art before continuing on for a glass of champagne (included) as we watch the desert sunset on Uluru.
8.00pm	Return to hotel - evening meal Ilkari restaurant in the hotel.
Meals included	Breakfast Dinner

Wear comfortable cloths for our long drive and have suncream, hats and walking shoes or sandals. we are going straight to Uluru and you will not have access to your luggage until we are at the hotel mid-day..

Water supplied on the coach but remember to drink - dehydration is the biggest problem for travellers in the Outback.

There is a small shopping area at Ayers Rock resort, with supermarket and ATM

Wi-Fi Internet - free in room

Lobby area, WiFi & guest computers in the lobby
 Select option – Ayers Rock Resort
 Access code – Ayers1234

Laundry- free self laundry. Only one machine in the hotel.

Uluru (Ayers Rock)

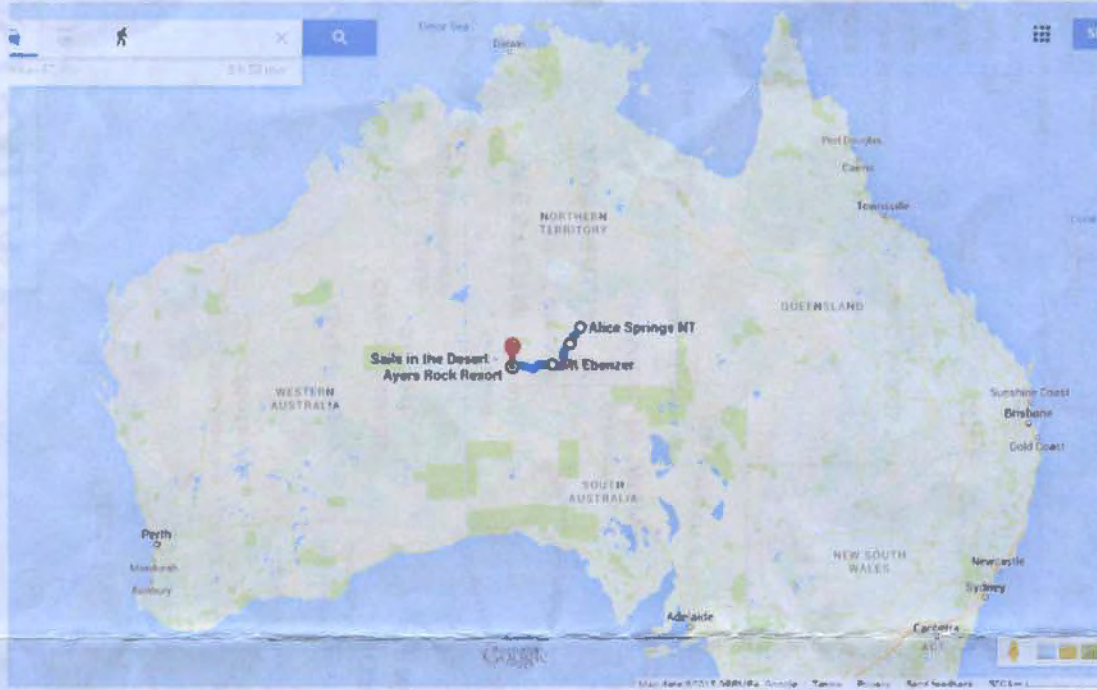
Yulara township also known as Ayers Rock Resort is a moderate size tourist village catering for around 500,000 annual visitors. It is situated just outside the national park, 9 miles from Uluru. Population approx. 900

Uluru, also known as Ayers Rock, is a large sandstone rock formation in the Uluru - Kata Tjuta National Park, and is sacred to the Aboriginal people of the area. There are many springs, waterholes, rock caves and ancient paintings and Uluru is listed as a World Heritage Site for both its natural and man-made attributes. Australia's most recognisable natural icon, Uluru, stands 348 metres (1,142ft) above the ground and measures 9.4 kilometres (5.8 miles) in circumference. It is 863 metres (2,831ft) above sea level and most of its bulk is below the ground. Weathering and oxidation of its iron bearing minerals has created the red colour. Uluru is notable for appearing to change colour as the light strikes it at different times of the day and year, with sunset a particularly remarkable sight when it briefly glows red. Although rainfall is uncommon in this semi-arid area, during wet periods the rock acquires a silvery-grey colour, with streaks of black algae forming on the areas that serve as channels for water flow.

Kata Tjuta, also called Mount Olga or The Olga's owing to its peculiar formation, is another rock formation 25 km (16 miles) from Uluru. The name Kata Tjuta means "many heads" as it consists of 36 massive round rock domes covering 15 square miles. Higher than Uluru, the rock was once one giant dome that eroded to its present form. Both Uluru and Kata Tjuta have great cultural significance for the traditional landowners, the Anangu tribe.

The park receives an average rainfall of 308 millimetres (12inches) per year, and average temperatures are 38°C (100°F) in the summer and 5°C (41°F) in the winter. Winter nights get very cold and temperatures may drop to several degrees below freezing. Summer days can reach well over 40°C (104°F), the highest temperature recorded is 45.5°C (114°F). The area is semi-arid rather than desert, most prevalent is the Spinifex grass but this has no value to stock as they are not able to eat it. Trees such as the Mulga and Centralian Bloodwood are used to make tools, boomerangs and bowls. The red sap of the bloodwood is used as a disinfectant and an inhalant. Within the Park there are 22 species of native mammals including the red kangaroo, wallaroo and bilby. Reptiles include the monitor lizard, brown snake, Ramsay's python and various native frogs. There are approximately 150 species of birds, which include parrots, thornbills and the peregrine falcon.

William Goose was the first European to see the rock (in 1873) and named it after the then state premier. Archaeological evidence shows that 20,000 years ago Aboriginal people lived here. Their belief is that they were created by ancestral spirits who gave them the laws and rules for the society they live by. The Anangu believe they are direct descendants and responsible for the care of Uluru.



AUSTRALIA



LEGEND

- State Boundary
- Major Road
- Rail
- River
- Major City
- Sea Port
- Country Capital
- Airport
- Point of Interest
- Salt Lake
- Mt. Peak



Sydney

Population: approximately 4.8 million.

Sydney is Australia's premier city, the largest and the economic centre of the nation. It is the oldest settlement in Australia, first settled as a British penal colony in 1788 when 400 settlers and 750 convicts arrived on the First Fleet of 11 ships. The harbour, officially called Port Jackson is one of the most beautiful bodies of water in the world, stretching 20 ks (12miles) inland, the central city sits 7ks (4miles) from harbour heads

Ferries, harbour tunnel and bridges link Nth Shore and the central business district. The city's airport, Kingsford Smith (otherwise known as Mascot), is about 9km (6mi) south of the city centre.

The city was host of the Olympic Games in 2000, a major effort was made to present to showcase to the world this beautiful city.

Sydney has a temperate climate, averaging summer temperatures of 25°C (77°F) to 40°C (104°F).

The Harbour Bridge was opened in 1932, having taken nine years to construct. The largest single arch bridge in the world, it is now a major landmark, spanning 503 metres (1650 ft), with a height of 134 metres (440ft) and 1,149 metres (3,770ft) long.

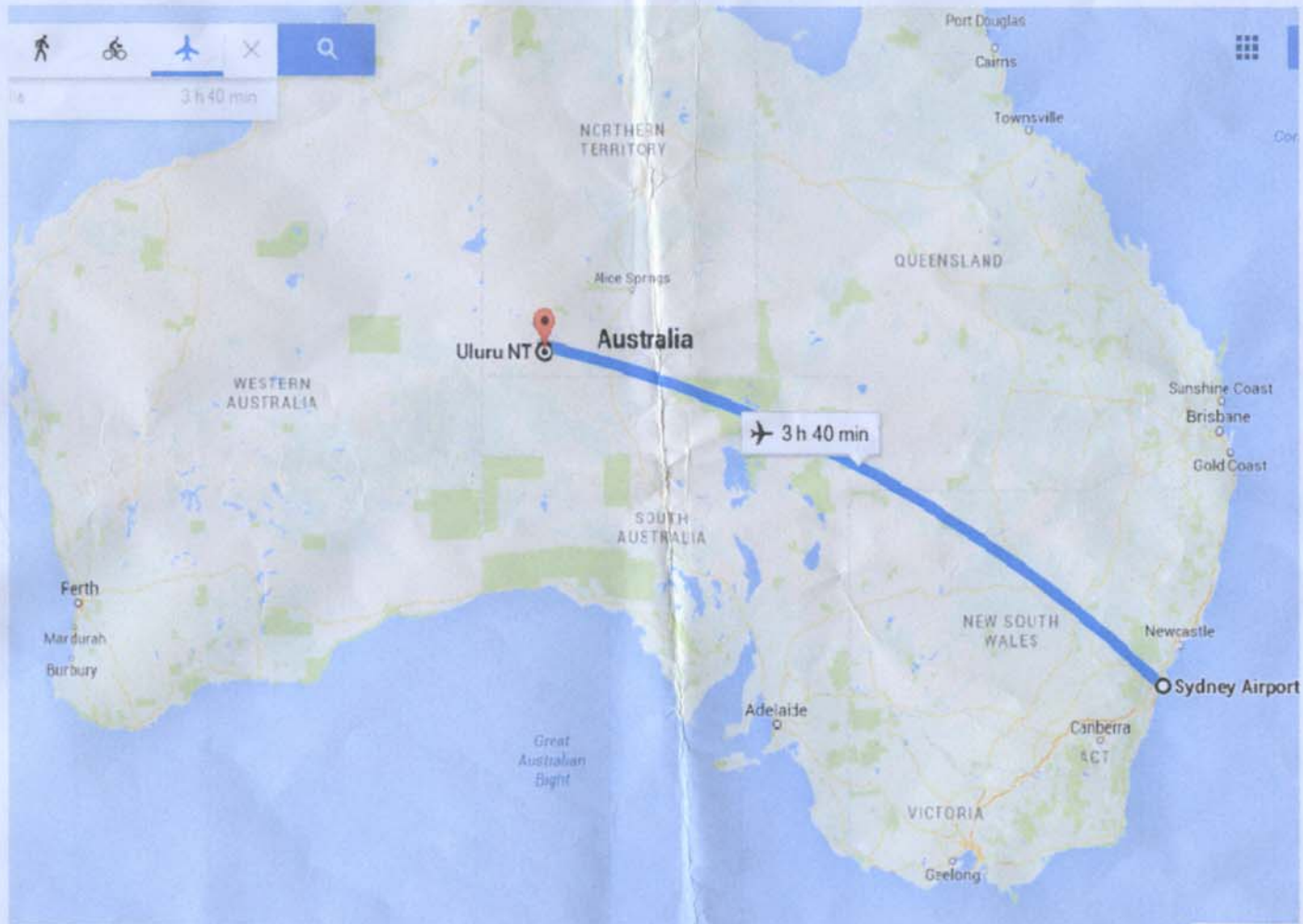
The Rocks area is the oldest, quaintest part of Sydney. Named after the outcrops of sandstone, this was where the first settlement was established. It was squalid, overcrowded and plague-ridden, but has been rejuvenated, maintaining its heritage with fashionable shops, restaurants and tourist outlets.

Circular Quay is built around Sydney Cove, a focal point of the city. It combines ferry quays, a railway station, restaurants, buskers, parks, the Museum of Contemporary Art and the Sydney Opera House.

The Sydney Opera House, overlooking Circular Quay and the Harbour Bridge, was designed by Danish architect Jørn Utzon. Built between 1959 and 1973 it became very controversial with cost overruns, construction delays and political difficulties causing Utzon to resign in 1966, the interior being completed by a consortium of Australians. Utzon died in November 2008, having never seen the completed opera house.

Darling Harbour, once a thriving dockland area, is now home to Sydney Aquarium, the National Maritime Museum, the Water Sculpture, the Chinese Garden, the IMAX Theatre, and nearby Powerhouse Museum.

Sydney is a thriving multicultural society with an out-and-proud gay community. It has many festivals and a vibrant scene of musical, theatrical, visual, literary and other artistic activity. The city offers a nice lifestyle, open spaces, harbourside walkways, outdoor cafes and restaurants plus a large sheltered harbour playground for the many who enjoy sailing



M O N D A Y 7^{T H} M A R C H 2 0 1 6

From 6.30am	Breakfast - The Dining Room
8.15am	Coach departs for our drive through Sydney. Starting in the Rocks area, stopping at Mrs Macquarie's Chair then via the Eastern suburbs to Bondi Beach. We return and transfer to our cruise around Sydney Harbour.
12.00pm	Cruise of Sydney Harbour - lunch (included)
2.45pm 3.00pm	Disembark Circular Quay and walk to National Opal Collection - Pitts Street, or return to the hotel.
	Afternoon free
5.00 -6.00pm	Lecture - Sir Stamford hotel, room to be advised
Meals included	Breakfast, Lunch.

Sydney Restaurants

Circular Quay has many of Sydney's premier restaurants, Quay, Aria, and Café Sydney. The Opera House lower level has Opera Bar and Opera Kitchen, good food and views

The Rocks - home to a number of restaurants run by some of Sydney's best chefs. We are booked to dine at The Waterfront our last evening in Sydney evening.

Darling Harbour - a busy dining precinct. Sydney Harbour Ferries and Matilda Express run regular boat transfers to & from Circular Quay. Approx \$6.00pp each way.

Aria \$\$\$\$ 1 Macquarie St, East Circular Quay, ph: 9252 2555: Cuisine: Modern Australian Premium views of Sydney Harbour Bridge and Opera House.

Cafe Sydney \$\$\$\$ Level 5, Customs House 31 Alfred St Circular Quay, ph:9251 8683 Cuisine: Modern Australian. Situated on the rooftop level of Customs House Circular Quay.

Rockpool \$\$\$\$ Chief Neil Perry Aust most awarded restaurant group. Must book – Rockpool, 11 Bridge St ph 92521888;

Café Nice \$\$\$ crn Albert & Phillip St (3mins walk) French, light and fresh, harbour views.

Phillip's Foote \$\$ 101 GeorgeSt. The Rocks, award winning steakhouse where you cook it yourself. Heritage building, internal (including upstairs) or courtyards dining

The Lord Nelson Brewery Hotel \$\$ -9 Kent Street, The Rocks ph (02) 9251 4044. One of Sydney's best and oldest pubs. Brasserie, pub grub, steak sandwich and bar menu.

Appetito \$\$ Pizza Pasta Bar 135 George St, The Rocks. traditional Italian ristorante

Fortune of War \$\$ -137 George Street, The Rocks,. Brewery and brasserie

Suggested options for leisure time- Sydney

Taronga Zoo \$44.00: daily 9am to 5pm. daily timetable of free talks, free shows, Birds 12.00pm & 3.00pm, Seals.2.00pm. Just 12 minutes by Sydney Ferries depart Circular Quay every ½ past and ¼ to the hour. Buy ZooPass ticket at Circular Quay includes return ferry, discounted entrance, bus transfer top of zoo or Sky Safari cable car,.

Australian Museum \$12pp: 9.30am - 5.00pm 6 College Street, opposite Hyde Park. Camera okay. claims to be one of the best six natural history museums in the world and has the largest and oldest collections of its type in Australia.

The Art Gallery of New South Wales Free admission 10.00am – 5.00pm daily, late Wed: 9pm. Art Gallery Road. The Domain. Holds significant collections of Australian, European and Asian art. Free tours - Collection highlights, daily 11am (except Mon), 1pm, 2pm,

Darling Harbour; dockland, 1980s rejuvenated - Sydney Aquarium, the Australian National Maritime Museum, the Chinese Garden and nearby is the Powerhouse Museum.

Australian National Maritime Museum: maritime history from the time of sail and includes several floating exhibits moored in the bay, Open 9.30–5.00, Darling Harbour \$7.00pp

Chinese Gardens: a tranquil escape from the city, a walled enclave with Chinese pavilions, large ponds trees and stone statues. Darling Harbour, open 9.30-5.00pm, \$6.00pp

Powerhouse Museum: Australia's largest museum, it is devoted to science, aviation and the decorative arts. Open daily.9.30 – 5.00 Darling Harbour - west. \$12.00pp

Shopping Hours 9.00 – 5.30 Mon Fri; 9.00 – 4.00 Sat; Thurs 9,00 – 9,00:

Big Department Stores David Jones (Crn Elizabeth St & Castlereagh St) & Myers (crn George and Market St). **Queen Victoria Shopping Centre** or QVB (455 George St) 4 levels, 200 specialty shops Ornate sandstone building ornate exterior and beautiful stained glass windows. **Strand Arcade** (412–415 George St) joins George St to Pitt St restored Victorian jewellery, lingerie, high fashion, antiques and fine cafes. **Westfield Sydney** is an upscale shopping centre with over 100 stores. Opens off Pitts Street Mall.

Sydney Tower Eye and Skywalk. (Pitt Street and Market Street) tallest structure in Sydney with views of the city and harbour It has an observation deck and revolving restaurant.

St Mary's Cathedral: In College Street, running along the north-eastern side of the park, is one of the world's largest cathedrals. On the other side of the park is the **Great Synagogue**.

Bridge Climb is the ultimate experience of Sydney. Choose from three guided Climbs that take you to the summit of this world famous Bridge, 134 metres above Sydney Harbour

Explorer Bus - "hop on hop off" tourist bus, travels between the main tourist destinations with commentary. \$35-24hrs

Sydney Opera House

7th MAR

(Lecture 5.30- 6.30pm – evening free)

LA BOHÈME Joan Sutherland Theatre : Opera Australia 7th & 9th Mar -7.30pm

8th MAR

(no tour activities pm)

ARCADIA Sydney Theatre Company Drama 8th, 9th Mar– 8.00pm

ROMEO AND JULIET Playhouse , Bell Shakespeare 8th & 9th - 6.30pm

THE PEARLFISHERS Opera Australia Joan Sutherland Theatre 7.30pm

FOR THOUGHT: -TIM FLANNERY, NAOMI ORESKES & DAVID SUZUKI: Concert Hall -: Sydney Opera House in partnership with the University of Melbourne. Naomi Oreskes & David Suzuki are presented by arrangement with WOMAdelaide's Planet Talks Program – 8th Mar 6.30pm

9th MAR

day free time, group dinner 6.30 – 8.00, restaurant will serve early any guest that have arranged to attend an Opera House performance)

ARCADIA Sydney Theatre Company Drama 8.00pm

LA BOHÈME Joan Sutherland Theatre : Opera Australia 7th & 9th Mar -7.30pm

ROMEO AND JULIET Playhouse , Bell Shakespeare - 1.00pm & 6.30pm

FROM THE CANYONS TO THE STARS: Concert Hall: Sydney Symphony 9th Mar 8.00pm

***La Bohème** – Nearly 120 years after Puccini wrote his smash-hit La bohème, this story of first love still tops the list of most performed operas around the world.*

***Romeo & Juliet** - Peter Evans breathes new life into Shakespeare's Romeo And Juliet, featuring Alex Williams as Romeo and Kelly Paterniti as Juliet.*

***Arcadia** -One of the 20th century's greatest plays, featuring Ryan Corr. Ravishing comedy, literary sleuthing, romance and scientific postulations all rolled into one. More...*

***The Pearlfisher** - The Pearlfishers is a work of beauty: a soul-stirring duet and music that can take your breath away. In the hands of master storyteller Michael Gow, Bizet's exotic picture of a romantic Ceylon has a new, sharp edge.*

***For Thought:** -Hope for the Planet- Tim Flannery, Naomi Oreskes & David Suzuki will share their views on where there is hope for the future and how a better balance between human needs and safeguarding the natural environment can be achieved*

***From the Canyons to the Stars** -Experience From the Canyons to the Stars, Messiaen's monumental creation for orchestra and virtuoso piano, with spectacular photographic imagery*

T U E S D A Y 8^{T H} M A R C H 2 0 1 6

From 6.30am	Breakfast - The Dining Room (ground floor)
8.30am	Coach departs hotel for our tour to the north of Sydney stopping to visit Featherdale Wildlife park We then drive along the northern beaches stopping for free time to shop and have lunch at Manly Beach. Manly suburb "7 Miles from Sydney and 1000 miles from care" Option - travel back on the Many Ferry or return on the Coach.
3.00 pm	Return to Sir Stanford Hotel .
	Free evening
Meals included	Breakfast

Amazing Animal Fact - in no particular order.

Fairy Penguins live for an average of seven years.

The Emu is the world's third largest bird. The Ostrich and the Cassowary take the top positions.

The Emu can run at speeds up to 30m/hr, their nest can be up to 5ft wide!

The temperature of the saltwater crocodile's egg will determine the sex of the new born crocodile.

Koalas can make an extremely loud and aggressive growling noise.

Shark's need to swim, or they will sink!

A mother dingo regurgitates food for her puppies.

Platypuses can consume their own body weight in food in a 24 hour period!

The male platypus has venom strong enough to can kill a small dog, or cause excruciating pain among humans.

The box jellyfish is responsible for more deaths in Australian than Snakes, Sharks and Salt Water Crocodiles. The Irukandji jellyfish is only 2.5 centimetres in diameter, but can cause death to humans within days.

Koala Crunch Time

recent article from newspaper

Ask any visitor to Australia what they'd like to do and they'll probably tell you they'd love to cuddle a koala. If they go to a wildlife reserve they might get their wish but out in the wild, finding a koala is getting harder and harder to do.

In key parts of Australia, koalas are dying in big numbers. In Queensland, New South Wales and the Australian Capital Territory the attrition rate has been so high the Federal Government responded by placing koalas on the Threatened Species "at risk" list.

Why is this happening? The answer is simple. Development, cars, dogs, disease and climate change are making life tough for these fascinating creatures. The bigger question is, what can be done to save them?

Four Corners travels to three koala hot spots to try to understand the problems they confront. First, reporter Marian Wilkinson looks at South Eastern Queensland, an area where development is exploding. Large tracts of bushland have been set aside for housing and other urban developments, which means koalas will lose their homes and food. She meets a group of scientists forced to play catch up, trying to devise a plan that will save the endangered animals.

In New South Wales koalas are also finding the going tough. West of the Great Dividing Range, conservation programs have tried to create places where the animals can live and be protected from predators, but rising temperatures are putting them at risk. In ultra-hot weather koalas simply dehydrate and die.

In Victoria the situation is very different, but equally as troubling. In that State the koala population was revived with descendents from a small colony on French Island, south-east of Melbourne. Unfortunately, because this revived population came from a small group, there is a limited gene pool, which means major environmental changes leaves many of them at risk too.

There is no doubt Australians want to save this much-loved national icon, but are we prepared to compromise development to protect the koalas' natural habitat?

Koalas in Queensland, New South Wales and the ACT are being classified as vulnerable and added to the threatened species list.

Koala numbers have dropped by 40 per cent in Queensland and by a third in New South Wales over the past 20 years. There are no wild koalas in the ACT.

The Aust Koala Foundation estimates there is 100,000 remaining in the wild in dispute of the govt claimed 200,000.

Some researchers claim that at the present rate of decline there is only 2yrs left to act

W E D N E S D A Y 9^{T H} M A R C H 2 0 1 6

6.30-10.30am	Breakfast - The Dining Room (ground floor)
	Rest of the day at leisure, refer to the activities sheet or consult with hotel concierge for additional ideas. I will be pleased to assist with suggestion and if you have any queries during the day. My contact - mb 0436189438
5.45pm	Meet in lobby, walk to The Rocks
6.30	Wolfies Restaurant –waterfront Campbells Cove dinner (included)
8.30pm	Walk back to the Sir Stanford hotel
Meals included	Breakfast, Dinner

Tomorrow we departure from Australia to Christchurch New Zealand. This is an International flight please remember no liquids, sharps etc in your hand luggage.

Those wanting to claim back tax on items worth more than \$300 (TRS- Tourist Refund Scheme) must have them in with you in your hand luggage plus the receipt

On entry into New Zealand there is very strict Customs & Agriculture regulation. They will want to inspect any wood items and if you tick the box to say you have been on a farm they will need to see your shoes for possible soil. Pack these on top and remove all dirt.

Honey and Fruit are not allowed into the country, all your bags will be screened and dogs will be sniffing all luggage so do not take these items into the country. Heavy instant fines if caught and "I forgot" is not considered a suitable excuse.

Keep any medications you require in your hand-carries as you will not have easy access to your luggage until late – ie post dinner at our hotel in Mt Cook National Park.

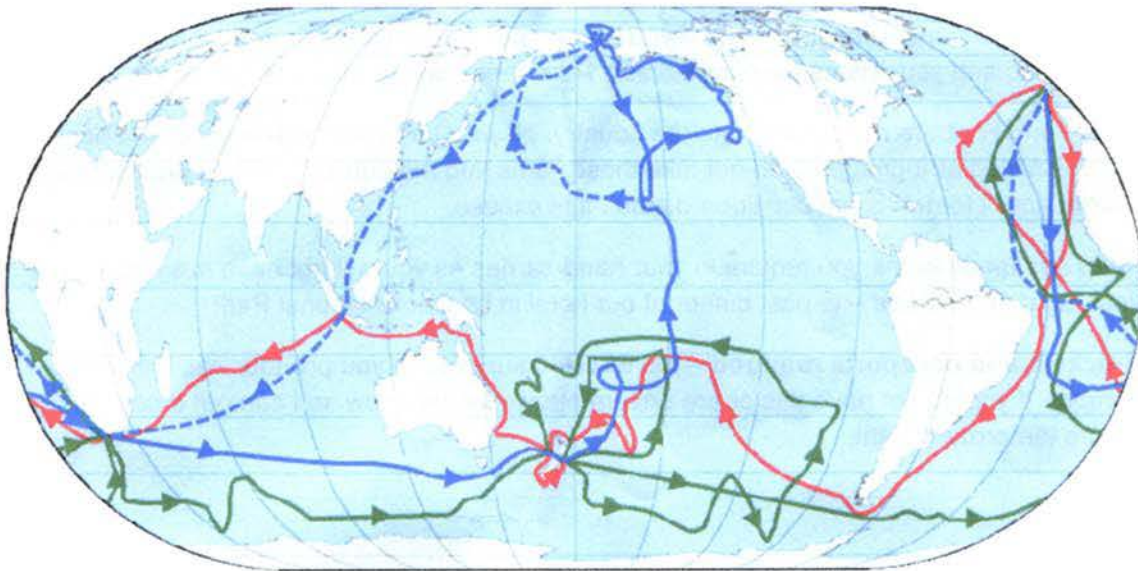
E-tickets and passports required – the E- ticket supplied to you pre-tour has the ticket number. If you do not have this or are unsure please let me know so I can get a copy for you before tomorrow's flight.

Where did Captain Cook sail and when?

On his first journey, departing in 1768, James Cook commanded the 'Endeavour' on an expedition to chart the transit of Venus. Cook went on to search for Terra Australis Incognita, the great continent which some believed to extend round the pole. He first came across New Zealand, which had already been discovered by Abel Tasman in 1642. He spent some months there, charting the coastline. Nearly a year later, he set sail east, becoming the first known European to sight the Eastern coast of Australia, in April 1770. He continued north, charting the coast in some detail, before returning a favourable report to England. It was this report which convinced the authorities to colonise the Australian continent with convicts.

On Cook's second journey which lasted from 1772-1775, he commanded the 'Resolution' and the 'Adventure' on an expedition to the South Pacific, disproving the rumour of a great southern continent, exploring the Antarctic Ocean, New Hebrides and New Caledonia.

On his third journey, commencing in 1776, Cook visited and named the Sandwich Islands, now known as Hawaii, and unsuccessfully sought a northwest passage along the coast of North America. On his way back to England, he stopped at Hawaii again. After a boat was stolen by natives, he and his crew had an altercation with the Hawaiians. On 14 February 1779, Cook was speared by Hawaiian natives. This was a tragic end to the career of a noble and courageous explorer.



T H U R S D A Y 1 0 ^{T H} M A R C H 2 0 1 6

From 6.30	Breakfast - The Dining Room (ground floor).
8.45am	Meet in the foyer to walk to the State library. 9.00 - 10.00am guided tour and talk by curator. 10.00 -11.40am walk with David through the Botanical gardens to the Opera House.
8.45 or 11.00am if not going to Library or Botanical gardens	Checked luggage - leave inside your room ready for porters Bring your hand carries to the lobby for storage while we are at the Opera House - Backpac and large handbags cannot be taken on our tour Remember to take everything from your room and check your safe as we will not have access to the rooms on our return from the Opera House - Hotel Check Out Time 11.00am Hand in your keys – pay your bill before we depart to the airport this afternoon
11.40am	Opera House for a 1hr introduction to this World Heritage building. – Tour 11.45– 12.45am
3.30pm	Coach departs for airport.
6.45 pm	Depart Sydney on our Christchurch flight - 3hrs. QF 139 Passport and E-ticket required at check-in. Light meal served onboard (complimentary)
	Clocks forward 2hrs for NZ
11.50pm	Arrive Christchurch, clear immigration and customs Welcome to Aotearoa – “the land of the long white cloud” After exiting the customs /immigration through the Customs Hall glass doors – there are money exchange and ATM machines.
mid-night+	Approx arrival time at hotel – Rydges. (1 night only) A complimentary light snack will be in your rooms
Meals included	Breakfast,

The Rydeges Latimer Hotel
Wi-Fi free of charge though out hotel.
Public computers in the lobby

Temp. Christchurch Thurs. 53°F
Mt Cook Fuel. 57-34°F

New Zealand – Aotearoa

New Zealand is 1,200 miles southeast of Australia, and was the last major land mass on the planet to be permanently settled. It is one of the youngest and least stable country of the world. Splitting from the Gondwana landmass, it developed in isolation with unique fauna of birds. Its story since settlement has been one of dramatic species extinction. Maori arrived via eastern Polynesia 1000yr ago and European settlement 200yrs

Stretching between 34° - 47°S latitude, it is made up of two large islands, and many small ones. The two main islands are the North Island - Te Ika-a-Maui and South Island Te Waipounamu. They are separated by the 32km (20mile) wide Cook Strait. It is very diverse archipelago extending right from Norfolk Island down to the sub-Antarctic islands

The climate is warm temperate, winds deposit their rainfall on the western side of the islands leaving a rain shadow in the east. The Southern Alps reach 12,000 feet and the rain shadow is dramatically shown by the change from 200+inch down to 40 inch rain within about 10 miles

NZ lies within the "Ring of Fire", where the Indo-Australian plate and the Pacific plate meet. This volcanic and earthquake activity in NZ is considered moderate. Christchurch History

Christchurch European settlement

The first European landed in Canterbury in 1815, 45 years after Captain James Cook.

In 1840, the first Europeans settled and whaling ships were operating by 1850.

The settlement of Canterbury was a private company immigration scheme. In 1848, the Canterbury Association was formed by Godley and Edward Gibbon Wakefield with the aim of transporting a cross section of English society to a new land. It gained the support of the Church of England. 1850 the first settlers arrived on the 'first four ships' into Lyttelton Harbour.

Women's Suffrage

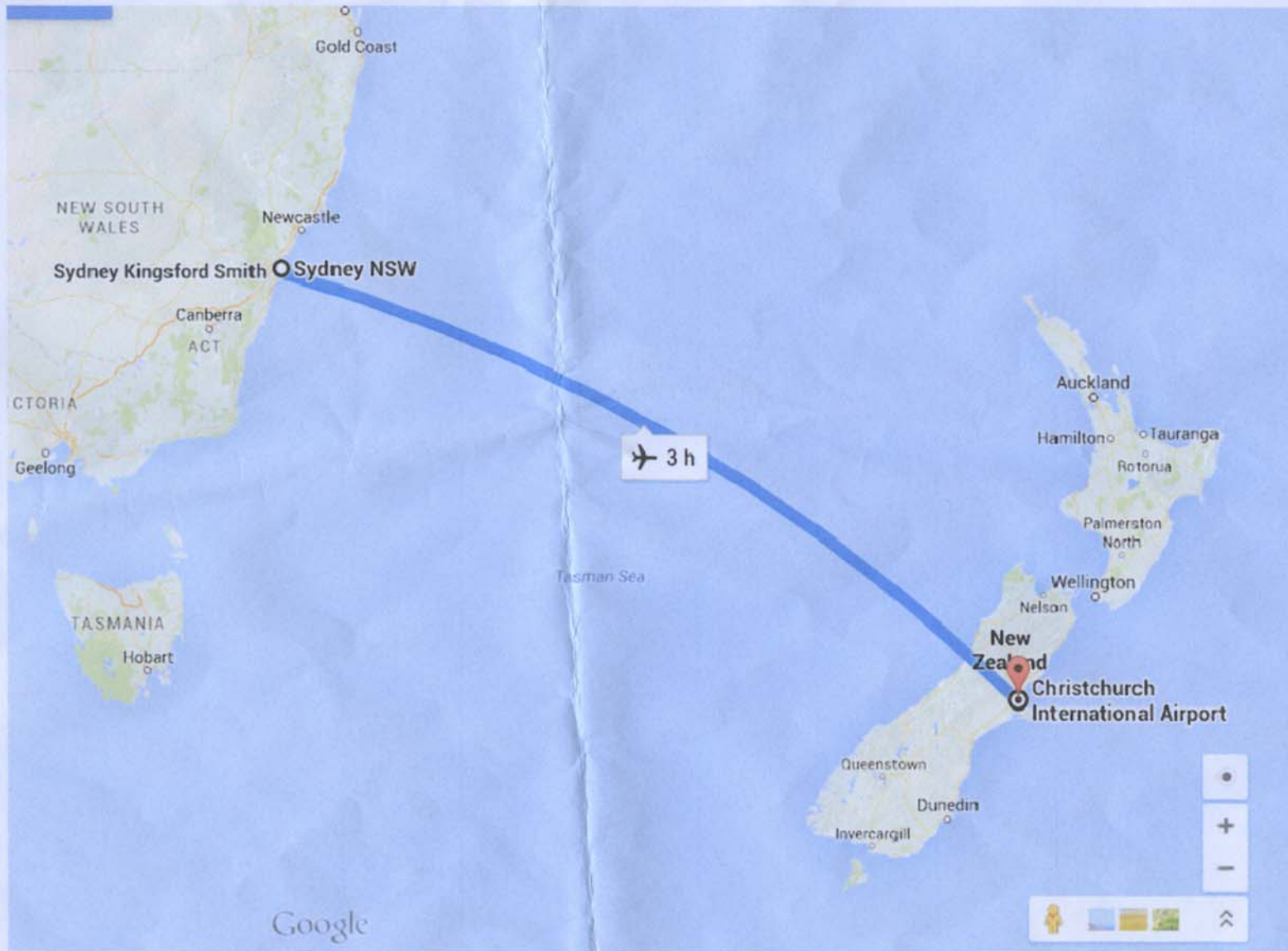
In 1893, New Zealand women achieved a world first when they won the right to vote. This significant event was honoured in 1993 when the Kate Sheppard memorial (located on Oxford Terrace north of Worcester Boulevard Bridge), a commemoration to Women's Suffrage was unveiled on 19 September 1993.

Economy

The agricultural industry has long been the economic core of Christchurch with Canterbury often considered to be living "off the sheep's back". Although it's economic beginnings were in refrigerated meat and dairy exports, Canterbury now has a diversified regional economy with growth across a range of "new economy" sectors including ICT and tourism.

Gateway to Antarctica

Christchurch has a history of involvement in Antarctic exploration - both Robert Falcon Scott and Ernest Shackleton used the port of Lyttelton as a departure point for expeditions.



FRIDAY 11TH MARCH 2016

9.15am	Checked luggage outside your door for porters (Bring your own hand carries to the coach)
	Breakfast – Bloody Marys Restaurant (ground floor –buffet).
9.45am	Meet in the foyer and depart hotel for a coach tour of Christchurch stopping off at the Botanical gardens and a quick shop at the "restart mall" Pay your hotel bill for any incidentals before we depart.
11.30am approx	Re-board the coach and depart the city south. Our drive passes through the Canterbury Plains, Lakes Tekapo & Pukaki then enters into the majestic Southern Alps.
1.15 pm	'Comfort" stop and supermarket at the small town of Geraldine
2.30pm	Stop at Moralee Farm, refreshments will be served followed by sheep shearing and working sheep dog demonstration
4.00pm	Depart the farm and continue onboard our coach into Mt Cook National Park –, home for 2 nights.
6.30pm	Approx arrival time -. The Hermitage Hotel (2nights)
	Dinner (included).
Meals included	Breakfast, Dinner

The Hermitage Hotel

Wi-Fi free of charge, Bar, Sir Ed Café and main restaurant.

Public computers, in lobby \$5.00 p hr or \$15 p 24hrs.

Wi-Fi in rooms, No free WiFi - \$5.00 p hr or \$15 p 24hrs.

Self Laundry Level 2 (9.00am – 10.00pm)

\$4.00 Wash, (\$2coins x2) powder included and \$4.00 Dry.

Christchurch earthquake

185 people died as a result of the magnitude 6.3 earthquake that struck the Canterbury region on 22 February, 2011. Christchurch, the country's second largest city, suffered widespread damage, particularly in the central city and eastern suburbs. The eastern suburbs also suffered significant liquefaction.

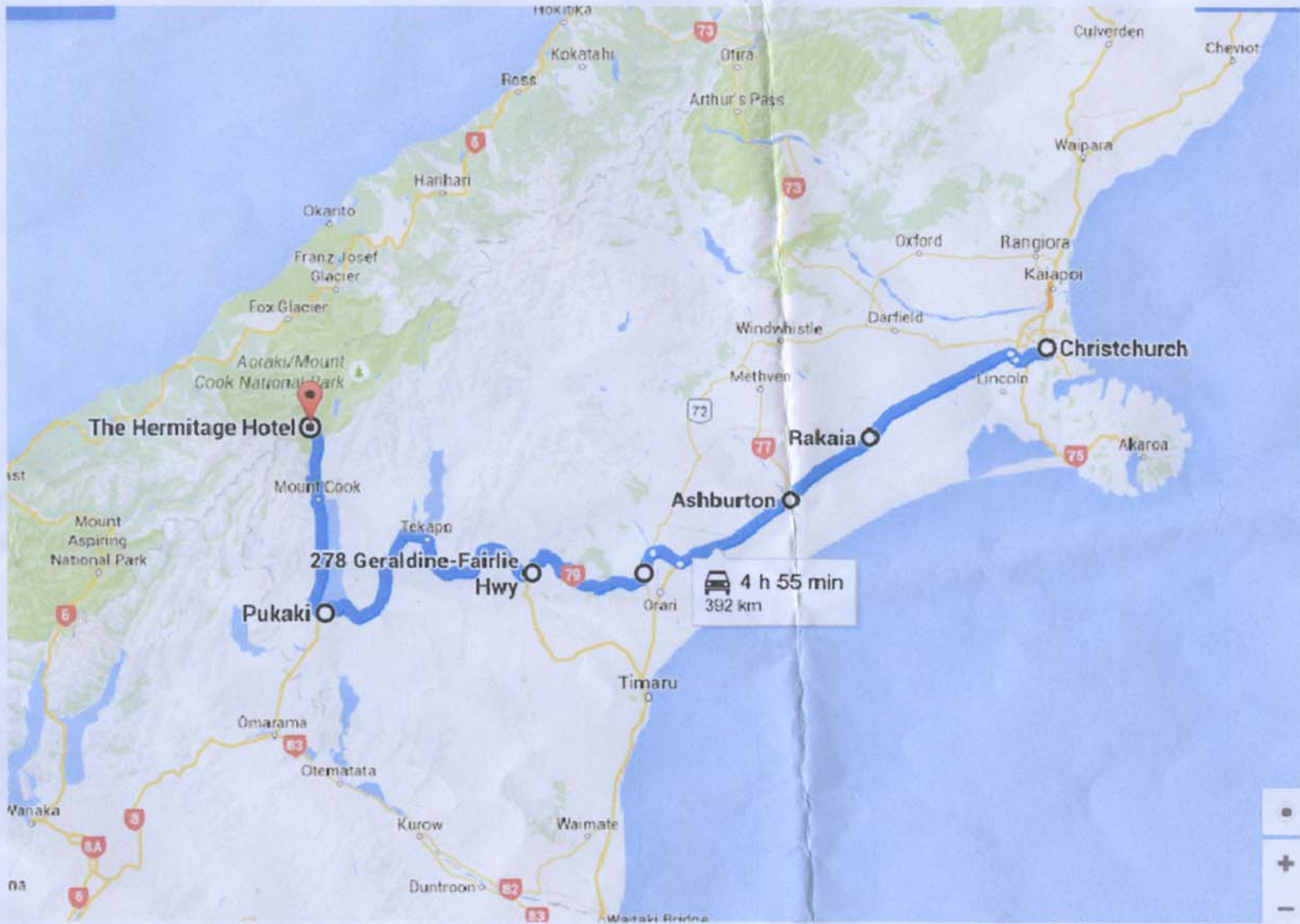
The quake, which was centred 2 kilometres east of Lyttelton and 10 kilometres south-east of central Christchurch, followed a magnitude 7.1 earthquake on 4 September 2010. No one died as a result of the September 2010 earthquake, but parts of the city and surrounding area suffered significant damage.

The total number of earthquakes in the Canterbury region above a magnitude 3.0, from 4 September 2010 to 3 September 2012, is 4423. In April 2013, the rebuilding cost of Christchurch and the surrounding Canterbury region was estimated at \$40 billion.

Gateway to the Antarctic

Christchurch has a history of involvement in Antarctic exploration—both Robert Falcon Scott and Ernest Shackleton used the port of Lyttelton as a departure point for expeditions, and in the central city there is a statue of Scott sculpted by his widow, Kathleen Scott (presently under restoration). Within the city, the Canterbury Museum preserves and exhibits many historic artefacts and stories of Antarctic exploration. Christchurch International Airport serves as the major base for the New Zealand, Italian and United States Antarctic programs.

The United States Navy and latterly the United States Air National Guard, augmented by the New Zealand and Australian air forces, use Christchurch Airport as take-off for the main supply route to McMurdo and Scott Bases in Antarctica.



S A T U R D A Y 1 2 ^{T H} M A R C H 2 0 1 6

6.30 – 10.00am	Breakfast - The Alpine Restaurant (ground floor)
9.45am	Meet in lobby, we will spend the morning at the Sir Edmund Hillary Alpine Centre, museum and movie
From 11.45am	Free afternoon – I will be pleased to suggest options.
5.30 – 6.30pm	Lecture –Sefton Room, Wakefield Wing opposite the lifts
6.30 pm	You may wish to meet together in the bar for a pre-dinner drink
7.00pm	Dinner - Panorama Room
Meals included	Breakfast, Dinner

Activities

Glacier Explorers –Tasman Glacier terminal lake and icebergs by boat, 2.5hrs \$145pp

Tasman Valley 4WD & Argo (all terrain vehicle) Tours – guided adventure, 1.5hrs \$75pp

Helicopter - 4 options scenic flights varying 25mins to 55min - \$250 to \$550pp

Fixed Wing - Ski Plane options including Tasman Glacier landings \$290 - \$560

Big Sky Stargazing–Planetarium & outdoor stargazing International Dark Sky reserve \$60p

Walks

Governors Bush – 1hr return starts from shelter (opposite motels) Silver Beech forest, birdlife & views. Gradual climb to lookout and then descends and returns to village.

Bowen Bush – 10mins easy forest walk across road from Alpine Guides. Loop track, Totara and Celery Pine

Glencoe Walk – 30mins. Starting behind Hermitage, it zigzags through Totara trees to the lookout near the water tanks. Views of the village, Hooker Glacier and Mt Cook..

Red Tarns - 2 hrs. Cross Black Birch stream and a steady climb up to the Tarns. : "The Tarns are named after the colour of the weed that grows in the ponds

Hooker Valley Track - from the Hermitage; 4 hrs walk round trip to lake , 1.5hrs walk round trip to the first swing bridge, 2hrs walk round trip to 2nd swing bridge or 45mins to camping ground.. The walk travels along the Hooker valley to the Hooker Glacier terminal lake

Remember you are in Alpine conditions and weather can change quickly. Check expected conditions beside reception before departing on walks and take optional clothing - warm jacket plus sun cream and hat, etc.



Kea

New Zealand's Mountain Parrot) Raucous cries of "keaaa" often give away the presence of these highly social and inquisitive birds. They congregate around novel objects and their strong beaks have enormous manipulative power. Many tourist cars have lost their windscreen rubbers when left unattended or shoelaces gone from boots left on outside the door

Kea (*Nestor notabilis*) are an endemic parrot of the South Island's high country. They are rated the most intelligent bird in the world

The Mount Cook lily

(*Ranunculus lyallii*, family Ranunculaceae) is a perennial herb found only in New Zealand. It grows wild in subalpine to low-alpine zones in South Island Main Divide, flowering between November and January Wild introduced animal - deer, chamois and thar, have decimated Mount Cook lily populations and plants are now often restricted to rocky bluffs and other inaccessible sites FACT 1: In 1992 Hillary appeared on the New Zealand \$5 note, making him the only New Zealander to appear on a banknote while still alive. Usually banknotes only allow pictures of deceased individuals and current heads of state.



Sir Edmund Hillary Facts

remains as the world's most famous mountaineer. His successful ascent of Everest alongside Sherpa Tenzing Norgay is one of the pinnacles of human achievement – and Time Magazine listed both men as one of the 100 Most Influential people of the 20th century. We pay tribute to Sir Edmund, not only for his adventurism but also for his philanthropy which was a large part of his life.

In 1992 Hillary appeared on the New Zealand \$5 note, making him the only New Zealander to appear on a banknote while still alive. The note does not have Everest on it, instead the mountain is Aoraki/Mount Cook.

Hillary escaped 2 air disasters, the 1960 he was late for his flight - New York air disaster (128 people died) and 1979 the Mt Erebus Crash at Antarctic (275 died) He had be due to commentate aboard as he had done previously but pulled out due to work commitments.

Tenzing Norgay was unsure of his exact birthday. He made the date of the successful attempt, the 29th of May, his birthday and celebrated it on that day every year.

The two spent 15 minutes on the summit together. All the pictures at the summit only show Tenzing, none are of Hillary. When asked why, Hillary replied, "Tenzing did not know how to operate the camera and the top of Everest was no place to start teaching him how to use it."

SUNDAY 13TH MARCH 2016

From 6.30am	Breakfast - The Alpine Restaurant (ground floor)
7.00am	Checked luggage outside your room for porters
8.00am	Depart on the Coach driving south to Queenstown. We pass through the Mackenzie country, over the Lindis Pass entering into Otago district.
11.30 am	Carrick Winery – tasting, tour and lunch
2.00pm	Depart to the bungy jumping at Kawarau Bridge then on to explore picturesque Arrowtown
5.00pm	Arrive at Queenstown hotel - St. Moritz,
	Happy Hour Lombardi Bar, a nice place to meet pre-dinner.
7.00pm	Dinner - Lombardi Dining Room – lobby level

Please note we have an early departure tomorrow to Milford Sound

Meals included	Breakfast, Lunch, Dinner
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Wi Fi Free daily 500mb, bar, lobby, in rooms and on guest computer in lobby

Laundry 2nd floor. - \$2.00 coins, Wash - \$2.00, Soap - \$2.00 Dryer - \$2.00

Hot tub garden Two outdoor hot tub. Level 3. Open 9.00am -9.00pm.

Gym and sauna Well equipped Level 2 Open 9.00 am and 9.00 pm.

Kiwi is a bird, a friendly name for New Zealanders and a fruit "kiwi fruit"



The Kiwi bird is New Zealand's national icon and part of our image world-wide. To Maori and Pakeha alike, kiwi are a taonga, or treasure and part of our unique identity

It cannot fly, has loose, hair-like feathers and long whiskers. Largely nocturnal, it burrows in the ground, is the only bird known to have nostrils at the end of its bill and literally sniffs out food. It also has one of the largest egg-to-body weight ratios of any bird - the egg averages 15 per cent of the female's body weight (compared to two per cent for the ostrich)

The Kiwi is classified as one of New Zealand's endangered species For New Zealanders introduced predators are the biggest threat. Stoats and cats kill 95 per cent of kiwi chicks before they are six months old. Adult kiwis are often killed by ferrets and dogs

Arrowtown

Population 1700

It was originally known as "Fox's Rush" gold town 1862. The Shotover River was the highest gold producing river in the world per mile for its length, producing an average of 12 ounces of gold per yard of gravel at the height of the gold rush. A large 8oz gold nugget was found as recently as 2006. The north end of the town has a restored Chinese settlement

Queenstown

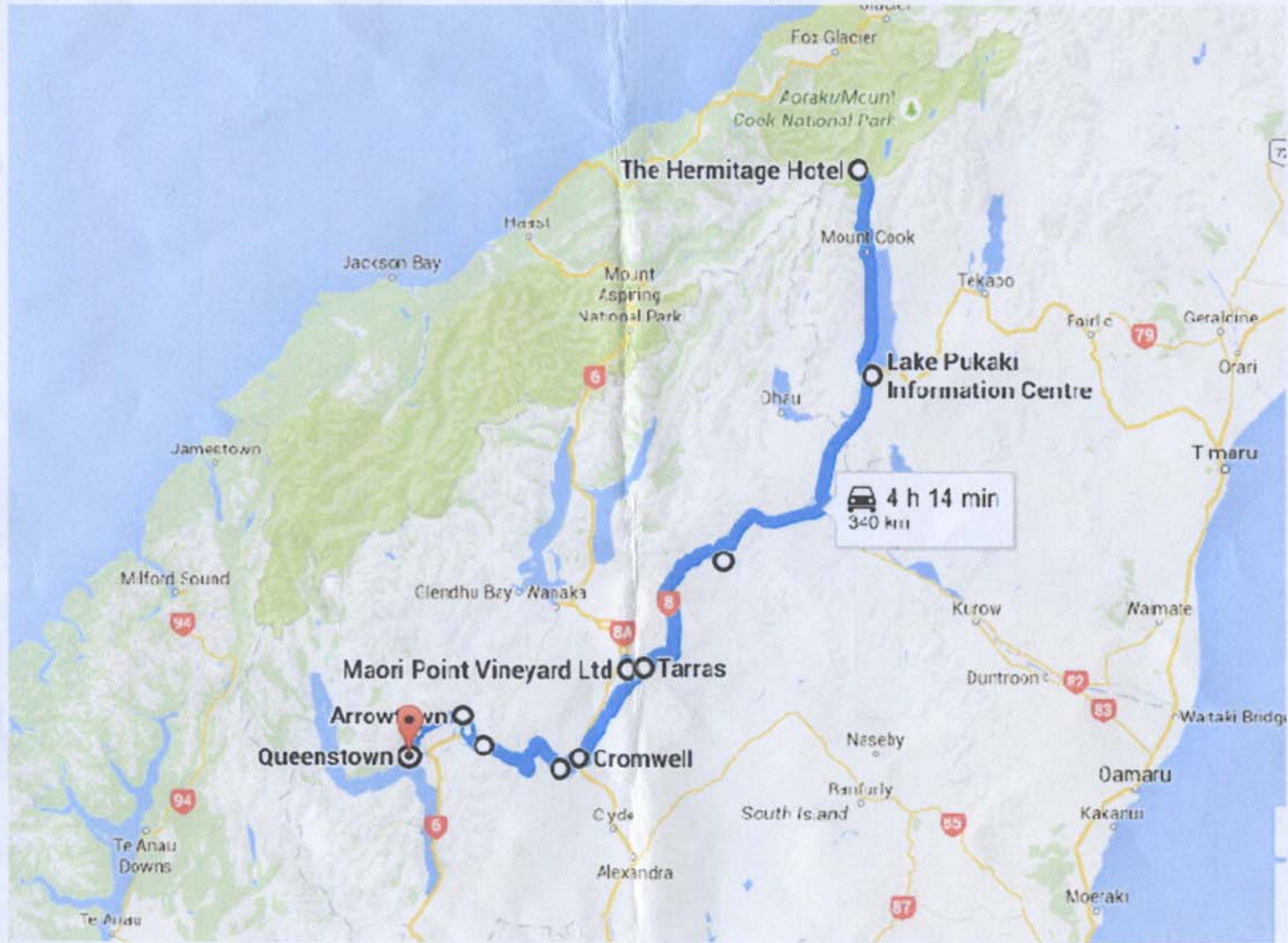
Population: 10,500.

Queenstown started as a raw mining town more than a century ago, with the discovery of gold, today it is a fast growing resort town. It is often called the 'Adventure Capital of New Zealand' because of the many activities available such as bungee jumping, jet boating, paragliding and white water rafting. AJ Hackett established the world's first bungee jump in 1988 at Kawarau Suspension Bridge, 142 feet (43m) over the Kawarau River. It is also a centre for some of New Zealand's most popular walking trails and tracks plus two ski fields, the Remarkables and Coronet Peak. Tourism makes up 70% of the town's local economy while movies such as The Lord of the Rings generate important income.

Lake Wakatipu is NZ's longest lake at 52 miles, the third largest and second deepest (378ft). It is renowned for big rainbow and brown trout, native eel and quinnat salmon. Five major rivers and countless streams feed into the lake. With only the Kawarau River as its outlet, more water flows in than departs yet the lake level stays constant! The lake has an unusual rhythmic rise and fall in water level, about 5 inches every five minutes.

Maori legend of the lake. A beautiful young princess was captured by a giant called Matau. Matakauri, a young warrior of low status, took the chance to prove himself, saving the young princess by burning the giant while he slept. The fire burnt so fiercely and deeply into the ground that it left a gigantic hole and the snow on the surrounding mountains melted filling the hole. Wakatipu means "hollow of the giant", shaped like a giant lying down, his heart never stopped beating and so explains the lakes rise and fall.

The Remarkables - mountain range is so named because they are only one of two mountain ranges in the world that truly run north to south. They also considered a "remarkable" sight as they change colour with the varying light.



M O N D A Y 1 4 ^{T H} M A R C H 2 0 1 6

6.00- 10.00am	Breakfast – Lombardi Dining – lobby level
7.15am	Coach departs for our day trip to Milford Sounds. Wear comfortable clothing (a long coach ride) and walking shoes. We stop several times on the journey to explore and take in the scenery, walks 10mins max. Toilet stops en-route. Milford Sound Cruise 1hr 40 mins, lunch served onboard.
7.30pm	Approx return time to hotel
	Evening free,
Meals included	Breakfast; lunch

Take insect repellent, cameras, & raincoat and medications.

Milford Sound is a natural wonder of world fame and described by Rudyard Kipling as the "eighth wonder of the world". The journey is not just about the destination it is also about getting there. The drive through Fiordland's forests and the towering mountains make this journey one of the world's finest drives gaining recognition as a UNESCO World Heritage site.

You will understand why Peter Jackson chose this part of the country for much of his background scenery for the movie Lord of the Rings and The Hobbit.

Lunch & Dinner suggestions

Botswana Butchery	\$\$\$\$; Lakefront, innovative menu, considered a top restaurant
Eichardts Bar	\$\$\$ award winning, comfort and style, excellent views, bar canapés.
Fish bone Grill	\$\$\$; 7 Beach St; fresh NZ fish & shellfish, Opens 5.30 pm
At Thai	\$\$; 3rd Floor Air NZ Building, Church St, casual, popular with locals.
The Cow	\$\$; Cow Lane; hand rolled pizzas, homemade bread a "must do"
Pub on the Wharf	\$\$; Steamer Wharf Precinct, great value (\$20 meals) and great taste (close by)
Steamer Wharf Precinct	Pier 19, Finz, Farelli's to name just a few, excellent restaurants (close by)
Vudu Café's	\$\$; 16 Rees St/lakefront. Award winning café – lunch,
Pedro's House of Lamb	\$\$ 47 Gorge Rd Multi award winning takeaway lamb and potato opens 12.30pm (20min walk from hotel)
Fergburger	\$; 42 Shotover St. Most famous burger in N Z, large gourmet burgers.

Fiordland

Fiordland National Park is the largest in New Zealand and one of the largest in the world. The mountains are hard crystalline rocks, some of New Zealand's oldest, thrust up from the sea through faulting, glacial erosion has left u-shaped valleys, many now lakes, with Lake Hauroko NZ's deepest 1516 feet. There are 14 fiords in total with rain falling over 200 days per year, varying from 47 inches at Te Anau to up to 300 inches some years in Milford Sound. This area is largely uninhabited and parts undiscovered as Fiordland is mostly covered in dense rainforest and Milford the only Fiord with road access

The road to Milford Sound: a two hour drive (74miles/120km). It is one of the highest highways in New Zealand, the highest point of the road reaching 3,084 feet (940m).

The men who built the Milford Road and the Homer Tunnel in the 1930s were mostly victims of the depression, directed to the job by the government. The vicious weather, steep and rugged terrain, altitude, floods and avalanches made life extremely harsh.

The road was completed in 1952, but closed during winter months until the late 1970s when it opened year round. After a massive avalanche killed a road supervisor in 1983, a programme was established to monitor and control the avalanche road hazard.

Milford Sound

Described by Rudyard Kipling as the "eighth wonder of the world". It is 10 miles (16km) from the head to the open sea with sheer rock faces that rise 3,938 feet (1,200m)

Although called a "Sound" (drowned river valley) it is a fiord (drowned glacial valley). Mitre Peak - 5,518 feet (1,682m), is one of the worlds highest to rise directly from the ocean floor. Its named as resembling a bishop's mitre or headdress

Annual rainfall 270 inches on 182 days a year, this is one of the wettest places in NZ and the world. Rainfall can reach 10 inches over 24 hrs. This creates the special marine environment as the fresh water, heavily laden with brown tannin sits on top of the sea water like a warm blanket. Black corals flourish here well below their normal latitudes.

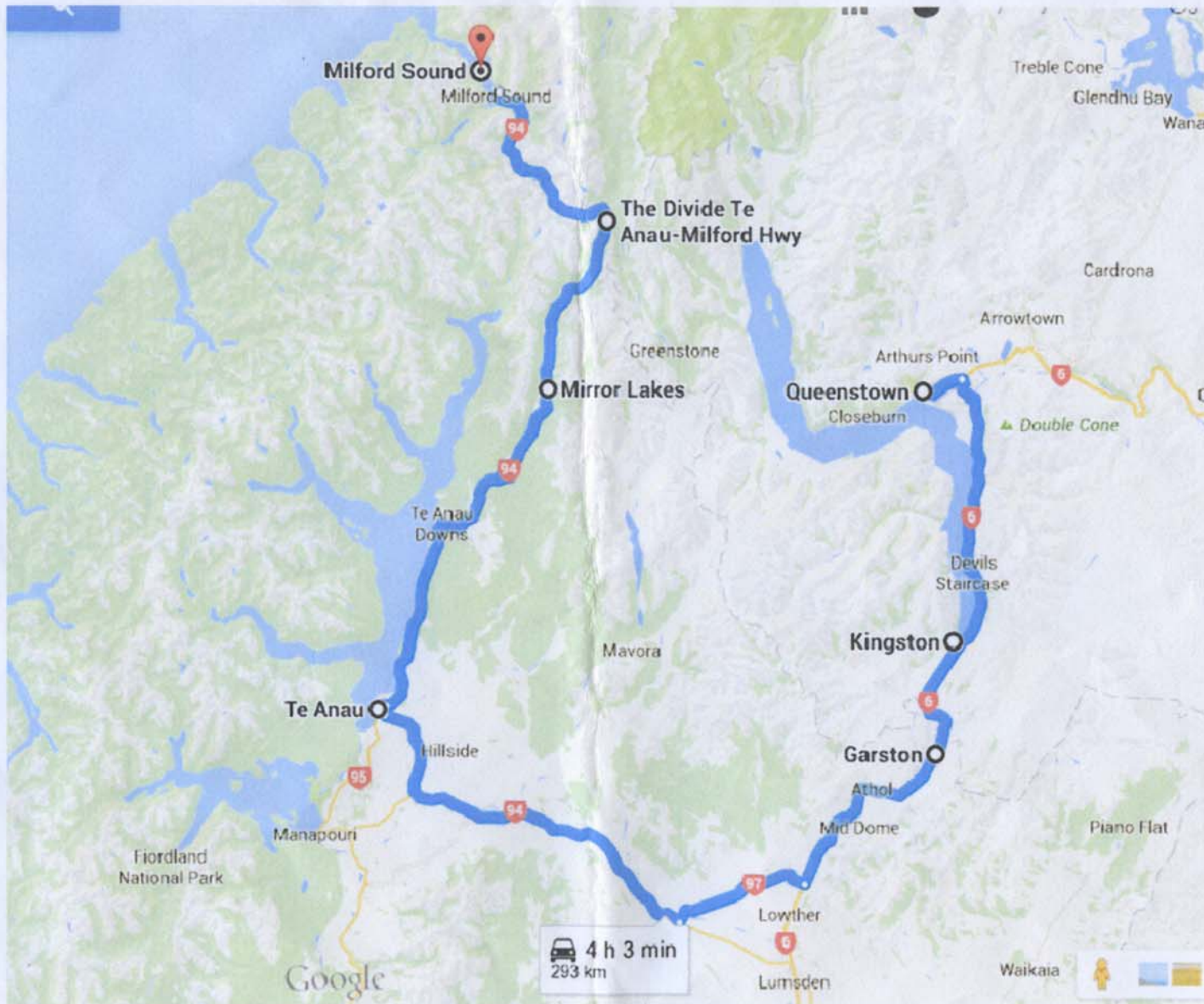
Takahe

Takahe (*Nortoruis mantelli*) is a flightless bird with massive bills and legs. The body is brilliant coloured in various shades of blue green with white undertail and pink and scarlet frontal shield and bill and feet.

The takahe was known to be rare during the 19th century and was believed to be extinct for 50 yrs from the time a bird was taken alive in 1898 near Te Anau, until the dramatic discovery of a small colony of the birds near Te Anau by G B Orbell of Invercargill in 1948.

The population declined steadily from 1060 and presently estimated at 160. in the Murchison Mountains. As part of the Dept of Conservation recovery programme birds have been established on offshore predator free island





Google

4 h 3 min
293 km

Waikata

T U E S D A Y 1 5 ^{T H} M A R C H 2 0 1 6

6.00- 10.00am	Breakfast – Lombardi Dining – lobby level
	Free day to experience the many activities and take in the beauty of the area
Meals included	Breakfast

Suggested options for leisure time- Queenstown

Shopping Queenstown shops are open 10.00am until late. If your purchases are posted overseas (exported by the retailer) you'll be exempt the 15% goods/services tax (GST).

The Skyline Gondola cableway to Bobs Peak, 1,470 feet over a distance 2,500 feet. Great views, restaurants and a Luge (good fun). Open 9am till late. \$22 per adult. Luge additional

Kiwi Birdlife Park Just below Gondola terminal, a chance to learn about N Z's endangered bird species and wildlife, two being Kiwi, our national icon and Tuatara, an ancient order of reptiles. Open daily 9am to 5.30pm, Conservation Show 11.00am Kiwi Feeding at 10am, 12noon, 1:30pm and 4:30pm (allow 15min) \$35pp

Paragliding and Jetboat rides are two memorable fun activities I recommend, Paraglide from Queenstown Hill 1hrs -\$190; **Shotover Jet Canyon ride** \$129 (25 min jetboat ride, 1.5 hrs round trip from Queenstown including transfers) or KJet – 1hr across the lake and up the Kawarau River \$119 or experience the Dart River Wilderness Jet, a combination of pristine scenery, middle earth Lord of the Rings and exhilarating fun \$219.00

Ziptrek Ecotours - located atop Skyline Gondola Hill. Ziptrek has earned international fame as a must-do activity for adventure seekers of all ages. A 4 line \$129 (senior over 65yr \$79) or 6 line option \$179

Skippers Canyon Tour, An excursion into the backcountry of Queenstown is certainly worth your time: landscapes that are only accessible in Skippers Canyon, historic remains at every corner, a familiar atmosphere in a comfortable 4WD minibus and of course your interaction with our Driver/Guide who will explain this gold mining area and stop on your demand will create a truly unforgettable experience. Prices vary approx \$160 half day

Walking Queenstown Gardens, an easy, flat walk starting at the lakefront, cross the walking bridge and follows the peninsula around the lake edge. - 30mins loop. Or for a longer stroll continue east along the lakeshore (20mins) on Park Street to the beginning of the Frankton Arms Track. This walk and bike track on the lake edge is away from traffic and picturesque. It continues for 1.5hrs to the Frankton

TSS Earnslaw, - Cruise across the lake (1½ hrs \$55) or add farm show either lunch (3½hrs \$95) or dinner (4hrs \$120) Launched in 1912, the same year as the Titanic, is believed to be the oldest coal fired steamship in the Southern Hemisphere. Operating for over 100 years on the lake it originally serviced the High Country Runs (sheep farms) that had no road access. The TSS Earnslaw (TSS = Twin Screw Steamer) is 164 feet (50m) long and weighs 335 tonnes.

Merino Mink garments

Possum fur fibre is hollow giving it excellent insulation so the possum fur and merino wool garments are light and incredibly warm. Use of the fur in these garments has helped reduce their numbers and protect the NZ environment. Possums are an introduced pest with no natural predators, they have multiply and are decimating our native forests and birds.

Lanolin Skin Products.

Lanolin is the highly refined natural oil from the wool of sheep. It has unequalled moisturizing and emollient action on skin, which it protects in the same way as the grease on sheep wool protects a sheep from the ravages of severe weather and climatic conditions.

UFM Manuka Honey

Pure Natural Manuka Honey is made only from nectar of the Manuka flower in New Zealand. Known for its unique antibacterial properties it is incorporated into quality skin products. UFM is a scale for the tested antibacterial property of that product and also a way of confirming that it is the "genuine" manuka honey product

Paua Shell Jewellery

Paua is a species of abalone (*Haliotis Iris*) – a marine mollusk it is unique to New Zealand's coastline and regarded as a "taonga" or treasure. Maori legend has it that paua was a special gift from Tangaroa, the God of The Sea. Firstly the shell is polished to display its vibrant rainbow of colour, blue, green, pink and gold. The shell is then crafted into beautiful jewellery and other traditional NZ gifts

Pounamu

Pounamu also called greenstone or New Zealand jade – is a hard, highly valued stone mainly found as boulders. Treasured by Māori because of its strength and beauty, it is a sign of status or power and is believed to be sacred. Found only in the South Island and with the "Treaty settlements" (addressing the wrongs of the Treaty of Waitangi) in 1997 the Crown awarded the ownership was to the Ngai Tahu tribe (South Islands main tribe).

Early Maori journeyed south to obtain Pounamu for tools and adornment – earrings, necklace pendants. The most well-known type of neck pendant is called the tiki, shaped like a figure sitting cross-legged, with its head on one side. A chief's prestige or "mana" was shown in his pounamu, such as the clubs- "mere". These could be handed down through many generations and became sacred "tapu"

Today, carvers use diamond-tipped tools to cut and shape the stone, which is made into souvenirs and art objects using the traditional designs. The price reflects the quality of the stone used, skill of the crafts person and beauty of the object.

Remember the old saying, "If it seems too cheap to be true"- then it is! The quality will not be in the pounamu but it may still be alright for what you intend.

New Zealand Blue Pearls

NZ Blue Pearls a pure product produced only in New Zealand. Blue pearls originate from the colourful Paua (Abalone) shell. Over the last 20 years the technique has been refined to produce these cultured "mabe" or blister pearls and are among the rarest pearls in the world.

W E D N E S D A Y 1 6 ^{T H} M A R C H 2 0 1 6

From 6.00am	Breakfast – Lombardi restaurant, lobby level
10.00am	Bags outside the door for Porters - Checked luggage only. Before departure check your safe & pay incidental account.
10.00 – 11.00am	Lecture
11.20am	Coach departs to the airport. NZ5406 departs 1.00pm for Rotorua via Wellington. Tea/coffee/water/biscuit (cookie) served onboard. Suggest buying lunch at Queenstown airport café. You may be screened at the airport. No sharp items in your hand luggage but liquids are allowed.
5.15pm	Approximate arrival time Regent of Rotorua Hotel. 2 nights.
6.00pm	Our coach departs to Te Puia Thermal reserve where we attend a Maori cultural performance followed by dinner.
8.30pm	Return to our hotel - Regent Rotorua
Meals included	Breakfast Dinner

Internet Wi-Fi – free unlimited access

Washing - take to reception, small bag \$25.00, medium \$30.00, large \$35.00

Te reo Māori

New Zealand has two official languages, English and Maori. Early missionaries first recorded the language in a written form by using only 15 letters of the English language. In 1987 Māori became an official language, this was a significant milestone for New Zealand, a country which treasures its indigenous heritage by striving to integrate Māori culture into everyday life. More than 150,000 New Zealanders can speak "Te reo Māori "

There are 5 vowels and 10 consonants in the Maori language.

Kia aro Hello /Good Health.

Haere ra Goodbye (one staying to one going)

Haere mai Your welcome

Whanau family

1 Tahi, 2 Rua, 3 Toru, 4 Whā' 5 Rima 6 Ono, 7 Whitu, 8 Waru, 9 Iwa 10 Tekau

Kiwi terms

Box of Birds meaning "on top of the world"

Dairy small corner store selling just about everything.

Handle glass of beer with a handle.

Hokey Pokey icecream with butterscotch chips

Judder Bars speed bumps

Roaring Forties the ocean between 40 & 50 deg south known for strong winds.

Tapu something that is sacred, forbidden or taboo

Queenstown 57°

Rotorua 72 - 55 hour

Cook Strait

Cook Strait is the stretch of water separating the North and South Islands. Connecting the South Pacific Ocean and the Tasman Sea, the strait is 14 miles across at its narrowest point and is notorious for its treacherous currents and high winds.

A regular passenger service across Cook Strait is maintained by roll on, roll off ferries. Cables under the strait carry telegraphic and telephone communications between the two islands and electrical power generated in the hydro lakes of the South Island to the North.

Cook Strait is crossed by four major faults; movement of one of these faults caused the 1855 earthquake that seriously damaged the then infant town of Wellington.

Lake Taupo

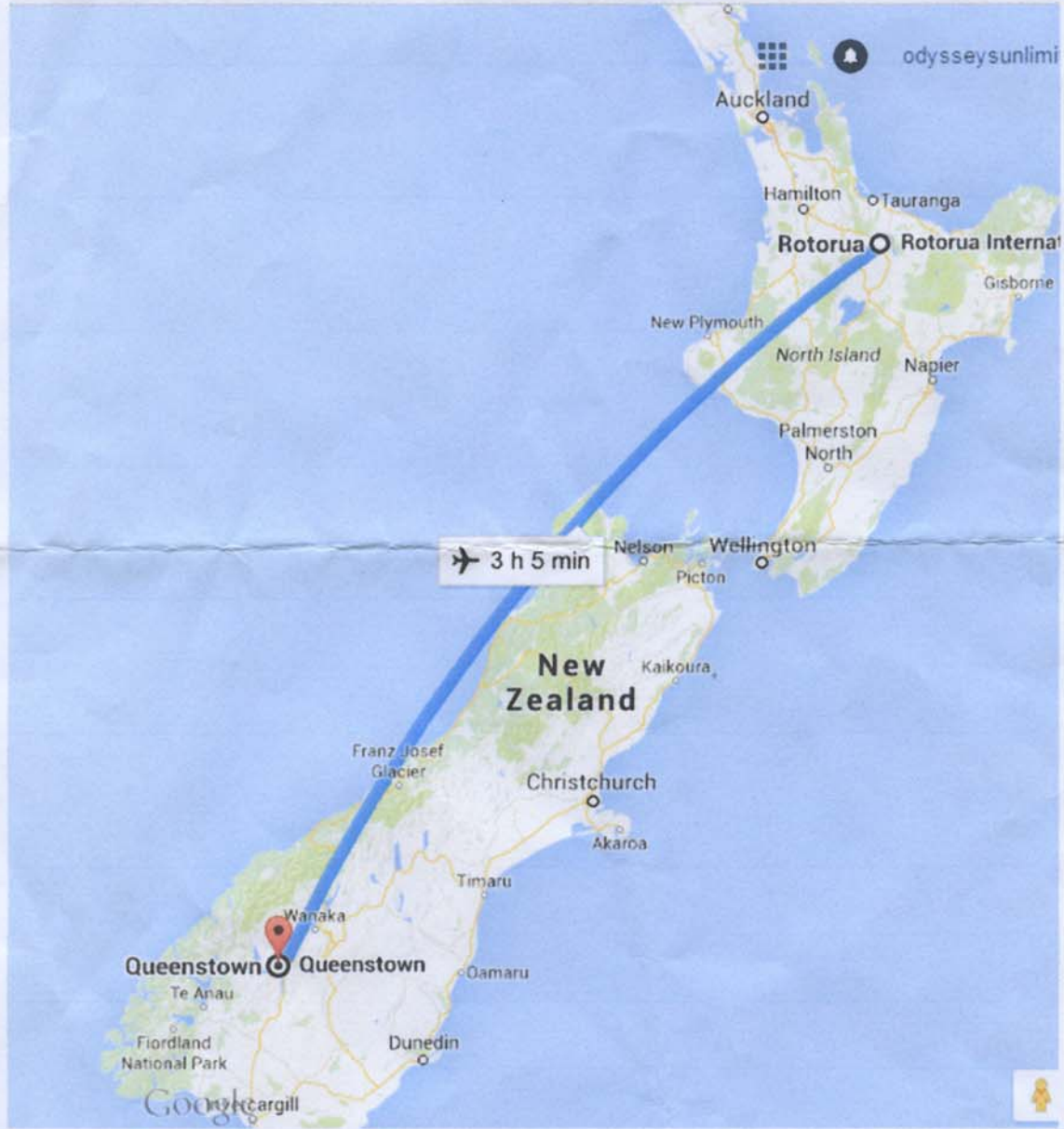
Lake Taupo in the central North Island, was created by the largest eruption of the past 5,000 years. The eruption was so big that records say the sun went hazy in China. Today, what remains, is the largest fresh water lake in Australasia, comparable to the size of Singapore. The lake now fills the crater and remains volcanically active. Around its shores towns have become popular and expensive resorts, despite the prediction that it could erupt again in the future.

North Island Volcanoes

The central North Island has three volcanoes – **Ruapehu** is the southernmost. At 9,176 feet (2,797m), it is also the highest mountain in the North Island, its most recent eruption was in 2007. **Ngauruhoe** 7,516 feet (2,900m) the most central and youngest, is about 5,000 years old and retains its distinct cone shape. It last erupted in the mid 1970s. **Tongariro** (6,427ft/1,958m) the northernmost, is an ancient volcano which last erupted in 1926. Mt Taranaki (Egmont), a fourth cone shaped volcano at 8,261 feet (2,517m) is separate from these three but on a clear day can be seen in the distance on the western coast of the North Island.

The Maori Legend of Tongariro. The mountains were once gods and warriors of great strength. Seven mountains once stood next to each other around Lake Taupo. All were male except for the beautiful Pihanga. One night the mountains fought fiercely for her attention. There were violent eruptions, smoke and fire as the land trembled under the violent battle. In the morning Pihanga stood next to the victor, Tongariro, who became the supreme leader of the land. Ngauruhoe and Ruapehu stood a respectable distance behind while the others moved further away and sat smoldering, tears creating the great Whanganui River.

The active volcanoes around Lake Taupo - Ruapehu, Tongariro, and Ngauruhoe - are treasures so precious, that local Tuwharetoa Maori gifted them to the nation over a century ago. The Tongariro National Park was the first national park in the world created by a gift from an indigenous people.



T H U R S D A Y 1 7 ^{T H} M A R C H 2 0 1 6

From 6.30	Breakfast - Restaurant, lobby level.
8.15 am	Coach departs for Te Puia for our cultural tour and walk in thermal park 1¼ hr. 10.00 – 12.00am Rotorua Museum for a private guided tour and time on explore the exhibits and Maori Battalion cinema
12.00	Coach will return to the hotel or you may prefer to stay on at the museum or remain in town. (Polynesian Spa is nearby).
	Free afternoon
	Dinner on your own – see dining suggestions, many are very close. Our hotel has an award winning restaurant (pre-book) and offers Odysseys Unlimited guests 10% discount
Meals included	Breakfast

Rotorua suggested Activities

Rotorua sits in the curve of Lake Rotorua's southwestern shore, spreading inland in a neat pattern. Fenton Street is the "main drag" and the home of the area's souvenir shops. It runs from the lake for 3.5km (2 miles) south to Whakarewarewa Village (the thermal area that we visited last night). The center of town is not large, Tutanekai Street is the main shopping street.

Polynesian Spa a day spa providing a unique thermal spa experience on the shore of Lake Rotorua. Hot spring, pool bathing, spa and massage therapies plus lake views. Choose from a range of private pool to options for Spa therapy. Open daily 8am until 11pm - Hinemoa St Lakeside., bookings: ph 0508 765 9

Rainbow Springs Kiwi Wildlife Park Spread over 22 acres of parkland, Rainbow Springs offers a truly unique experience, and is a must-see for anyone who wants to get to know New Zealand's environment and animals. Situated 4ks from Rotorua

Government Gardens are situated on the lake's edge and surrounding the Museum. In the late 1800s, the Maori people gifted 50 acres of this land to the crown "for the benefit of the people of the world". Now days it is formal gardens with walking tracks to enjoy the beauty of the gardens and lake. Don't miss the croquet lawn and bandstand.

Zipline Canopy Tours – 3hrs over the native forest. A network of trails, tree platforms, ziplines (flying fox) and swing bridges. \$129pp

If you are interested in the attractions such as **Waiatapu thermal lake**, **The Buried Village** from the Mt Taurawerea Eruption, **Trout fishing in the lake** – please ask as I am happy to advise but these tours are out of town and need to be booking ahead.

Rotorua

Population: approximately 70,000.

“Roto” means lake and “rua” means two in Maori. With 40% of the population being Maori; the highest percentage of any city in the country, it is the heartland of Maori culture. While predominantly from the Arawa tribe, other iwi (tribes) are now strongly represented. The Maori community is predominantly urban with around 35 marae (meeting grounds).

Rotorua is located on a volcanic plateau 300 metres (985 ft) above sea level. There has been ceaseless activity in this area for millennia; most recent volcanic events have included the Taupo eruption of around 1,800 years ago and the Tarawera eruption of 1886. The lakes are ancient explosion craters, Lake Rotorua is a shallow caldera (a basin that slumped after volcanic activity emptied the magma chamber beneath). In 1886 Mt Tarawera erupted to bury the famous Pink & White Terraces regarded as the “Eighth Wonder of the World”. The story of the eruption, which took the lives of one hundred and fifty people, is told at the museum. The Rotorua area is famous for its geysers, bubbling mud, and silica terraces. The geothermal activity can give it an unpleasant odour (hydrogen sulphide) if there is no wind to carry it away.

The Rotorua Museum of Art and History is a Tudor-style building that opened in 1908 as the government owned Bath House. Water from nearby thermal springs was pumped to private bath and massage rooms. The rich, famous and the ill travelled from all over the world to “take the waters”.

The Art Deco Style Blue Baths were opened near the museum in 1931. Designed for recreational rather than medicinal bathing, the Blue Baths were promoted as a glamorous retreat, where New Zealanders could enjoy mixed-sex bathing for the first time.

Rotorua’s Dining Suggestions

There are many places to eat in what has become known as “Eat Street”. Closed off to traffic and lined with outdoor tables, flower beds and delectable dining experiences “Eat Street” is at the lake end of Tutanekai Street, between Pukaki and Whakaue Streets only 1 block from hotel. Menu’s displayed out front so easy to wander through to decide.

Atticus & Finch – \$\$ Eat Street -Tapa style meals made to share, fresh, innovative and flavoursome. .Open 7 days. Lunch – midday until 3 pm. Evening – 5 pm- late

Leonardos \$\$ Eat Street - Pure Italian Restaurant. Leonardo’s is a small, family owned restaurant, open 500pm to 9.00pm

Brew - Eat Street BREW Craft Beer Pub is Rotorua’s Mecca of good beer. award-winning brewery Popular with locals for fine ales, wines, and foods.

Regent of Rotorua - in-house award winning restaurant, 10% discount, why would you go elsewhere? -

Rotorua Museum Café, nice selection of tasty café food, take away to eat later

The Pig & Whistle Pub \$\$ cnr Haupapa and Tutanekai Streets.. Lunch and dinners, the Pig and Whistle has excellent meals and varied menu and a good variety of beers on tap.

ST FAITH'S CHURCH
OHINEMUTU



LAKEFRONT NORTH

SULPHUR POINT

Map key

- Rotorua Visitor Centre & i-SITE
- Public toilet
- Taxi stand
- Healthcare
- Museum
- Police Station

ROTORUA PUBLIC HOSPITAL

VILLAGE GREEN

MOTUTARA GOLF COURSE

WHAKAUE ST

PUKAKI ST

PRINCE'S GATE ARCHWAY

QUEENS DRIVE

ARAWA ST

GOVERNMENT GARDENS

ROTORUA MUSEUM

HAUPAPA ST

BLUE BATHS

ROTORUA ARTS VILLAGE

KUIRAU ST

PUKUATUA ST

HINEMOA ST

ERUERA ST

AMOHIA ST

TUTANEKAI ST

FENTON ST

HINEMARU ST

AMOHAU ST

SKATE PARK

ROTORUA CENTRAL MALL

VICTORIA ST

RECYCLING CENTRE

AMOHAU ST

TE NGAE RD

TI ST

RANOLF ST

RUIHI ST

HEREWINI ST

UNION ST

EASON ST

TOKO ST

MALFROY RD

SEDDON ST

TO Rotorua International Airport

BMX TRACK

TE NGAE RD



FRIDAY 18TH MARCH 2016

From 6.30am	Breakfast
7.15am	Checked luggage outside your room.
8.00am	Coach departs for Auckland, via the Waitomo Glow worm caves
10.30am	Guided underground tour of Ruakuri Cave, 1hr 15mins. We will then stop in Otorahunga a local town with option to buy lunch.
4.30pm	Arrive Auckland, NZ's largest city and our last destination – Our hotel – Stamford Plaza Auckland, central based, stay 2 nights.
	Dinner at leisure
Meals included	Breakfast

Wear comfortable cloths and shoes for our coach trip and cave tour. Remember to put your medications into your hand-carries along with Cameras.

Stamford Plaza Information

Internet 24hrs free throughout hotel.
 Pool, Gym and Spa level 11 (accessed by stairs from level 10) 6.00am – 11.00pm
 No self service guest self-laundry

Restaurants - Auckland -

One of the best places to enjoy food and Auckland's atmosphere is the waterfront Viaduct and surrounding areas, up-market dining, usually starting around \$30 for mains. Also the new Britomart transport centre has many interesting places to eat, see two suggestions below.

Top restaurants Antones, Vinnies, The White, and Sails – pre-booking essential as often booked out well in advance. The hotel concierge or myself can assist. All require a taxi **Euro Restaurant**, \$\$\$\$ -Princes Wharf, Shed 22, ph 09 309 9866. award winning modern-NZ cuisine. Must book (8 mins walk from hotel)

The Orbit, \$\$\$ revolving restaurant in Sky Tower, brasserie style à la carte. Cnr of Federal and Victoria Streets ph (09) 363 6000 Great views 360°. (10 mins walk)

Federal Street has many options but the following are highly recommended (10 mins walk)

The Grill - \$\$\$ 90 Federal St, busy award winning; **Al Browns/Depot** \$\$ 86 Federal St eatery and oyster bar, no reservations. **Federal Deli** \$\$ 86 Federal St, styled on casual diner of the New York Jewish variety.

Ortolana \$\$ 31 Tyler Street, Britomart. A chic little bistro serving fresh, light, high-quality food, European style. Popular, no bookings so may need to wait. (8mins walk),

Baduzzi \$\$ Wynyard Quarter. Italian inspired, award winning & fun (15 mins walk)

The Crabb Shack \$\$ Princess Wharf – good seafood in a fun atmosphere (10 mins).

Belgium Beer Café \$\$ The Occidental Pub 6-8 Vulcan Lane, historic building, popular serving /Belgium and NZ beer. Signature dish is steaming mussel pots. (4 mins walk)

Caves - 70° rain

Auckland - 77-63 rain

Waitomo Glowworm Caves.

Formed over 30 million years ago, Waitomo Glowworm Caves have majestic and ornate cave decorations. Millions of stalactite formed from limestone crystals adorn the roof with fragile, sparkling forms in pale brown, pink and white. Added to this is the glow worm, *Arachnocampa luminosa*, is unique to New Zealand. Thousands of these tiny creatures radiate their unmistakable luminescent light

The Glow worm is the larvae (maggots) of a special kind of fly known as a fungus gnat and the worm-like larvae use their glowing lights to attract small flying insects into a snare of sticky threads.

Auckland

Population approx 1.3 million, over a quarter of the country's total.

The greater Auckland region is made up of 4 cities; Auckland, Manukau, North Shore and Waitakere, and is the largest urban area in the country.

Auckland is the largest commercial centre of the county and also has the largest Polynesian population of any city in the world. Enjoying a mild climate (frosts are rare, 60 inch annual rainfall, it has a cosmopolitan flavour, great wining and dining and so offers a good lifestyle. Known as the "City of Sails", Auckland has more yachts per head of population than anywhere else in world. Car ownership is high with one car for every two people.

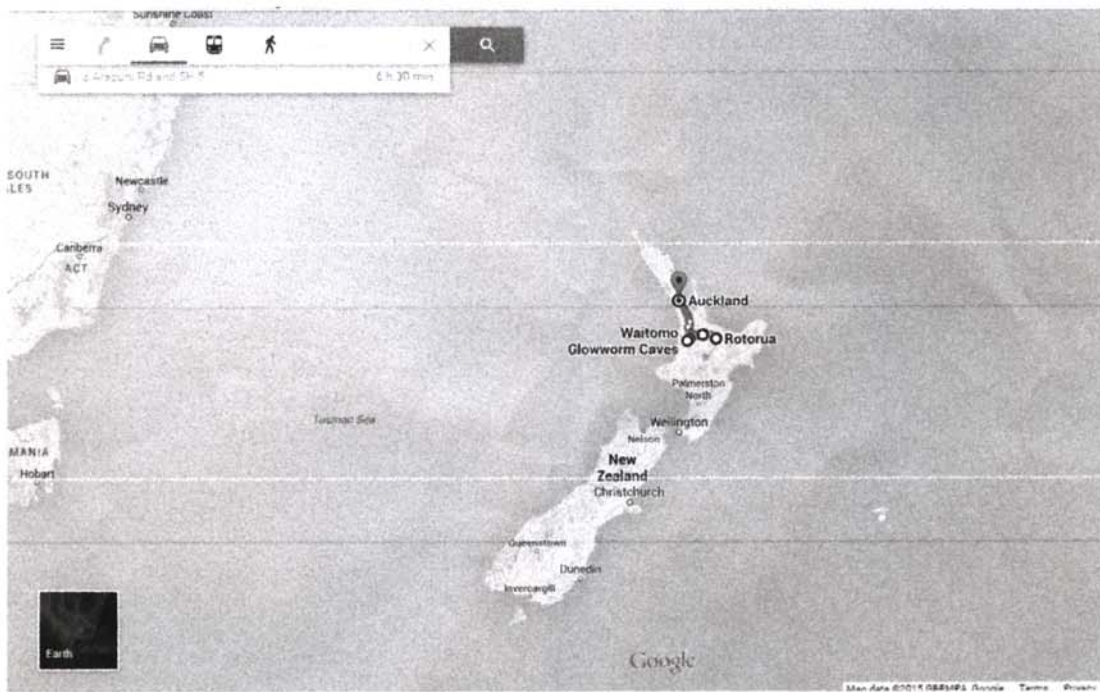
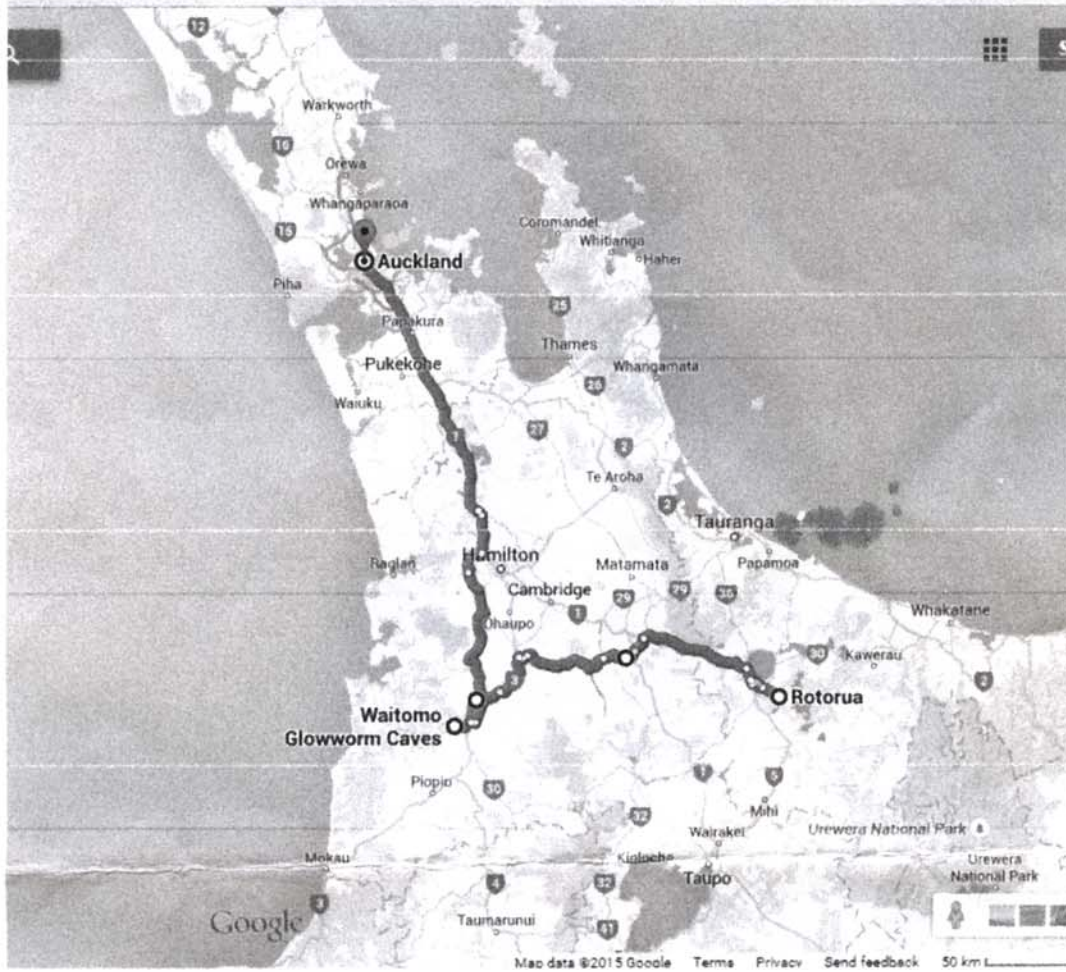
The city lies on a thin strip of land between the Hauraki Gulf of the Pacific Ocean to the east and the Manukau Harbour on the Tasman Sea to the south-west. The central part of the urban area occupies a narrow isthmus less than 1¼ miles wide at its narrowest point.

A large percentage of Auckland is still dominated by a very suburban style of building, giving the city a very low population density. Although it has little more than a seventh of the population of London, it sprawls over a considerably larger area, making public transport costlier than in other high-density cities.

The city straddles a dormant volcanic field of approximately 50 vents, which take the form of cones, lakes, lagoons, islands and depressions. The most recent and by far the largest volcano, Rangitoto Island, was formed after the first Maori migration (600 to 700 years ago)

The Viaduct Basin hosted two America's Cup challenges (in 2000 and 2003), and its cafes, restaurants, and clubs add to Auckland's vibrant nightlife. A former industrial area, the Viaduct Basin was redeveloped in 1999-2000 to "come alive" for the cup. In the 149 year history of the America's Cup, New Zealand was the first nation outside the United States to successfully defend the trophy. The New Zealand National Maritime Museum positioned on the waterfront in the Viaduct basin is one of the finest maritime museums in the world.

The Auckland Harbour Bridge was opened in 1959. It was originally built as a four lane road bridge but 10 years later an additional two lanes were added to each side. These new lanes were made in Japan and became known locally as "nippon clippons". Using 6,500 tonnes of concrete and nearly 6,000 tonnes of steel the bridge took over 200 workers around four years to build. It has a total length of 3,348 ft and is 142 feet, above high water



S A T U R D A Y 1 9 ^{T H} M A R C H 2 0 1 6

From 6.00am	Breakfast -Tapestry restaurant, lobby level.
9.00am	Coach departs to tour the main sights of Auckland. We stop for time to tour of the Auckland Museum - self guided (also called the Auckland War Memorial Museum). You may decide to stay on here to explore more on your own.
12.00	Return to the hotel or you can be dropped off down town at the water front.
	Free afternoon
6.00pm	Meet in the lobby bar for a drink (included) followed by farewell dinner. (included)
Meals included	Breakfast, Dinner

Aucklands Via-duct was the home of the syndicates that came to New Zealand for Americas Cup Challenge. It is now cafes, bars, apartments and the vibrant heart of Auckland. The races were held out in the Waitemata harbour, the sheds surrounding the Via-duct were painted with the countries flags of the participating yachts

The America's Cup is the world's premier yachting trophy. In 1983 Australia II made the first successful challenge to US dominance since the cup was won by the schooner America in 1851. Consequently, some New Zealanders became aware of the potential to take it from the Australians.

Preparing for the competition involved many top sailors, designers and builders, raised public awareness and enthusiasm, and put New Zealand's yachting prowess in the international spotlight. New Zealand was unsuccessful in challenges, 1987–1992.

1995 New Zealand's Black Magic skippered by Russell Coutts won against Young America skippered by Dennis Connors. This was only the second time it had been out of the USA in its 144yr history.

2000 NZ retained the cup – Russell Coutts, Black Magic and Team New Zealand (first time in history that the US had not been involved in the finals)

New Zealand has not regained the cup but public interest has remained high with Team NZ remaining there to challenge. 2013 the U.S. had one of the most-dramatic comebacks in sporting history as the American team (captained by Sir Ben Ainslie and racing in a newly designed 72-foot catamaran trailed New Zealand in a best-of-17 series 8–1 after nine races only to run off wins in the remaining eight races for the most-unexpected America's Cup victory of all time..

Auckland suggested Activities

The central city area has interesting shopping precincts on Queen Street, in the Downtown complex (which includes several Duty Free Stores) and a host of arcades and side streets.. Elegant designer stores display exclusive New Zealand fashion garments in places like the Queen's Arcade, the Atrium on Elliot Street and the DFS Galleria in the old Customs House. Smith & Caughey's department store on Queen Street offers striking displays and a traditional style of personal service

New Zealand Maritime Museum cnr Quay & Hobson Sts; Price \$16; Hrs 9am-5pm
Displays NZ's seafaring history from Maori voyaging canoes through to the America's Cup. A tilting 19th-century steerage-class cabin and a 1950s-era Bach (holiday home) are fun but the newest showcase, Blue Water Black Magic, is a tribute to Sir Peter Blake, the Whitbread-Round-The-World and America's Cup-winning yachtsman who was murdered in 2001 while on an environmental monitoring trip on the Amazon.

Auckland Art Gallery Cnr Kitchener and Wellesley St, Entry free; Open 10am-5pm
Spreading over two buildings, the Main Gallery houses important works by Pieter Bruegel-the-Younger and Guido Reni in the European collection, and an extensive collection of NZ art including 19thC portraits of tattooed Maori by Charles Goldie and Gottfried Lindauer
Walking distance (5-10mins)from hotel

Kelly Tarltons SEA Life Aquarium; 23 Tamaki Drive; Price \$32; Hours 9.30am-5.30pm
Housed in the old storm water tanks, it also included the Antarctic Encounter. This has a replica of Scott's 1911 Antarctic hut, and a ride aboard a Snow Cat to view a colony of king and gentoo penguins living at sub-zero temperatures. A free shark-shaped shuttle bus (opposite ferry terminal Quay St) departs on the hour and ½ hr 9.30-3.30pm

Sky Tower cnr Federal & Victoria Sts. Price \$25 Hours 8.30am-10.30pm
At 328m it is the tallest building in the Southern Hemisphere it has a revolving restaurant at the top plus an observation level with glass floor panels (\$3 extra). Part of the SkyCity complex, a 24-hour casino with restaurants and bars. 10 mins walk from Hotel or

Sail Auckland Harbour – America's Cup, participate as crew on an actual America's Cup yacht Join for a two hour sail and work the grinders or sit back and relax. 11.00am & 2.00pm daily \$160pp contact "Explore – America's Cup Sail" Via-duct harbour ph (9) 359 5987

Davenport - 10 mins by ferry across the Waitemata Harbour brings you to historic Devonport, long associated with New Zealand's navy and notable for some well-maintained Victorian and Edwardian buildings and a strollable waterfront and nice shops. Ferry departs Quay St Ferry terminal on the hour and ½ hour, \$11pp return

Parnell was the first suburb in New Zealand and today it is an up-market village shopping area featuring 40 restaurants, cafés and bars; Auckland's largest art gallery precinct; boutiques, quality craft shops and a some of the best jewellers. (30 mins walk from hotel)

SUN 20TH & MON 21ST MARCH

Time to enjoy Auckland and your hotel, ladies a beautiful spa, swimming pool & gym.

Some suggestions

Waiheke Island tour – arrange through the concierge or catch the Ferry and take one of the island food, wine and/or art tours

Lord of the Rings and Hobbit fans – day trip to Hobbitville, long day of travel but has had great reviews from past travellers

Golf – arrange through Concierge transport and golf hire.

Shopping Parnell, Ferry to Devenport. Harbour cruise, Aquarium, ~~Motat~~ (museum of transport) or Maritime museum

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~~MON~~ ^{Tues} **MON 22ND MARCH 2016**

2.45 am Call porter if you want your luggage collected by porter – allow time as reduced staff at this hour.
International flight rules - no liquids, (over 100ml) sharp items etc in your hand luggage.
Remember to keep medications you require in your hand carries.

From 2.45am Breakfast boxes, tea coffee juice opposite reception, If you consider keeping these to eat at Auckland airport once through Customs, all liquids more than 100mls will be taken from you at the security screening point.

3.15am Depart from Lobby. Extension travellers private transfer to Auckland International Airport
Your Supper Shuttle transfer has been prepaid and pre booked.

On arrival at Auckland airport you will check-in individually. Then continue up the escalator to the security screening and departure area. Flight QF140 departs 6.00am

Complimentary Breakfast is served Auckland to Sydney

At Sydney follow the signs to Transit Lounge. You do not go through Australian immigration but will be screened on entry to the Transit Lounge. If you have bought liquids from Auckland duty free these must stay sealed in the duty free plastic bag supplied allowing them to pass the security screening at Sydney.

Anzac Biscuits

Ingredients

1 cup (150g/5.3oz) plain flour	3/4 cup (155g/5.5oz) brown sugar
1 cup (90g/3.1oz) rolled oats	125g /4.4oz butter
1 cup (85g/2.9oz) desiccated coconut	2 tbs golden syrup
1 tsp bicarbonate of soda	2 tbs water

Method

7. Preheat the oven to 160°C. Line two baking trays with non-stick baking paper. Sift the flour into a large bowl. Stir in the oats, coconut and brown sugar.
8. Put the butter, golden syrup and 2 tbs water in a small saucepan. Stir over a medium heat until melted. Stir in the bicarbonate of soda.
9. Pour the butter mixture into the flour mixture and stir until combined.
10. Roll level tablespoons of mixture into balls. Place on the trays, about 5cm apart.
11. Press with a fork to flatten slightly. Bake for 10 minutes or until golden brown.
12. Set aside on the trays for 5 minutes, then transfer to a wire rack so it cools completely.

Pavlova Dessert

Ingredients (serves 6)

1 tablespoon cornflour	1 teaspoon vanilla extract
6 egg white	1 teaspoon white vinegar
1 teaspoon cream of tartar	200ml pure cream
250g/8.8oz frozen raspberries, slightly mashed	1 1/3 cups caster sugar

Method

Cooking Time - 75 minutes

5. Preheat oven to 200°C. Draw a 24cm (diameter) circle on a sheet of baking paper. Place, pencil-side down, on a baking tray. Dust lightly with 1 teaspoon cornflour.
6. Using an electric mixer, beat eggwhites and cream of tartar in a large bowl until soft peaks form. Add sugar, 1 tablespoon at a time, beating constantly until thick and glossy. Add remaining 3 teaspoons cornflour with the last tablespoon of sugar. Fold through vanilla and vinegar.
7. Spoon meringue onto baking paper. Shape into a circle, using the pencil mark as a guide, with a slightly higher edge and a low centre. Reduce oven to 100°C. Bake for 1 1/4 to 1 1/2 hours or until dry and crisp. Turn off oven and open oven door. Cool completely in oven (pavlova may sink during cooling).
8. Slide pavlova onto a serving plate. Spread with cream and top with raspberries. Serve.

1 - Theatre

The theatre is occasionally closed (when used by groups).

2 - Discovery Centre

This space is used for events and education groups.

3 - Landfalls

Navigate the pioneering voyages of discovery, settlement and trade that colonised New Zealand and the Pacific. Learn about the ocean as a lifeline for a small archipelago at the bottom of the world - the youngest country on Earth to arrive on the global stage.

4 - New Beginnings

Take a journey with the 'immigrants', people who left their homeland between the 1840s and 1960s for a life-changing voyage. As some of the earliest settlers, whalers and sealers survived harsh conditions to work the bountiful grounds in NZ.

Library

Open to the public
Thursdays, 10am-4pm

5 - Blue Water Black Magic A Tribute to Sir Peter Blake

A journey through New Zealand's proud history of yachting, design innovation and competitive success. This exhibition celebrates the remarkable life and work of Sir Peter Blake, and also tells the stories of many other key players in NZ's yachting industry.

Head outside and view the restoration work on motor launch *Nautilus*.

6 - Edmiston Gallery

New Zealand's finest collection of maritime art. Generously supported by the Edmiston Trust.

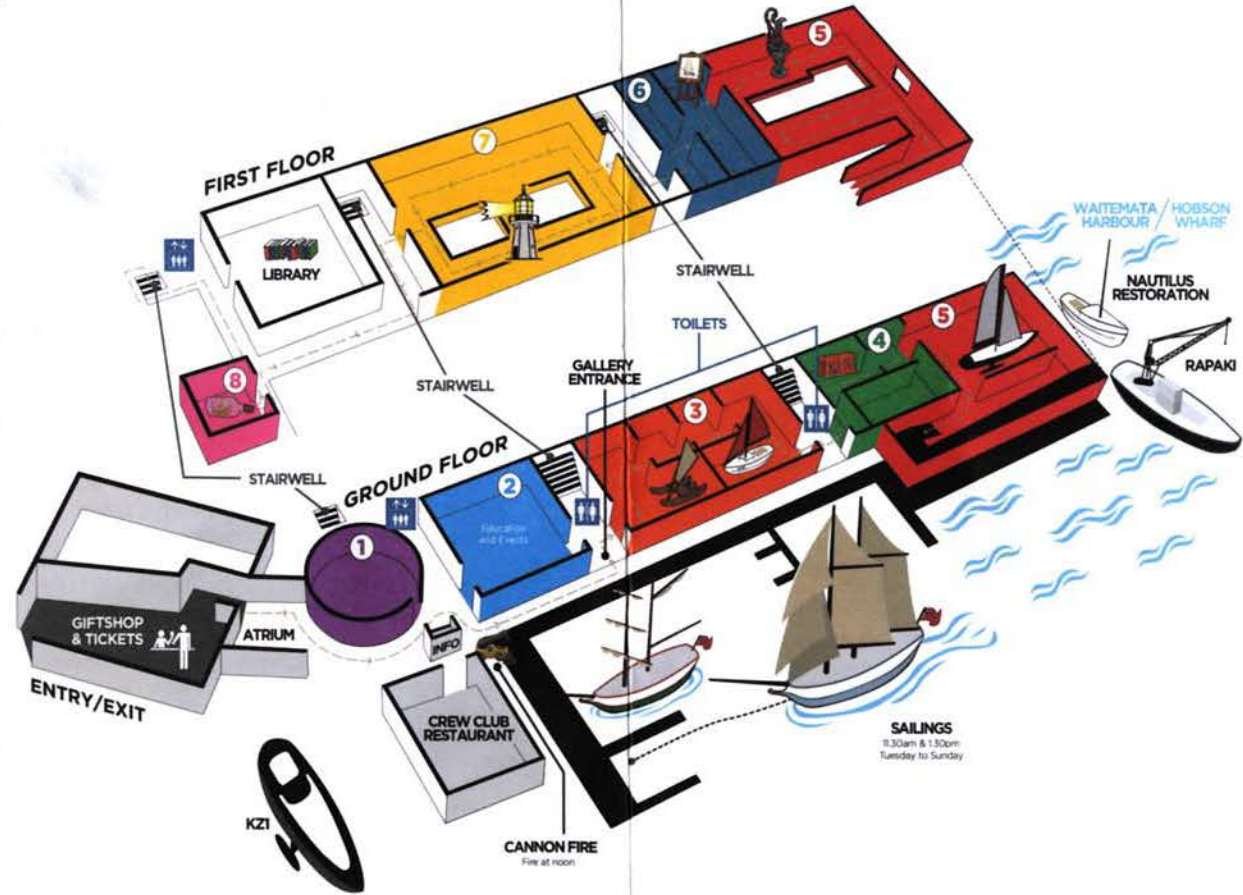
7 - Kiwis and the Coast

As an island nation surrounded by the world's largest body of water, our bond with the ocean has shaped the Kiwi identity. Explore the broad and varied elements of NZ society resulting from this dynamic relationship with our coastal environment.

8 - Model Makers

Meet with our volunteer model makers and see how they assemble their finely detailed miniature ships.

The New Zealand Maritime Museum tells the remarkable stories of Aotearoa's seafaring history. Many of the world's greatest maritime pioneers have emerged from our spirit of exploration. The Museum honours them and those who sailed to the limits of their imagination.



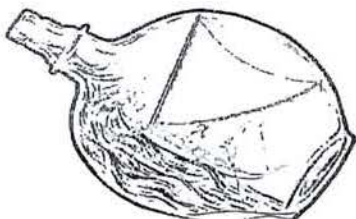
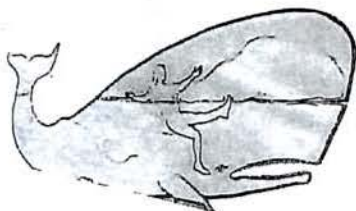
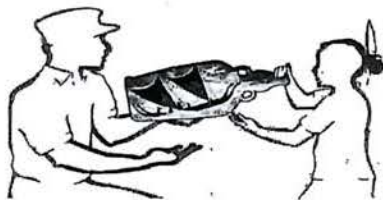
1 THEATRE	5 BLUE WATER BLACK MAGIC	TICKET DESK & GIFT SHOP
2 DISCOVERY CENTRE	6 EDMISTON GALLERY	TOILETS
3 LANDFALLS	7 KIWIS AND THE COAST	LIFT
4 NEW BEGINNINGS	8 MODEL MAKERS	SUGGESTED TRAIL



ONCE UPON AN OCEAN

STORIES IN TAPE ART

26 February – 12 June 2016



SEE STORIES IN
TAPE ART

EVENTS

Once Upon an Ocean – 26 February – 12 June

'Once Upon An Ocean' tells stories of exploration, immigration and imagination. It speaks to all those things that make us who we are. It is about the stories passed down through generations. The nostalgic motifs woven into the installation will inspire you to share memories with whanau and loved ones.

Using their special brand of blue painter's tape, the TapeArt NZ duo, Erica and Struan, have been delighting communities with their charming and meaningful pop up installations for over 25 years. They have created over 350 'here today-gone tomorrow' murals that live on in photos and people's memories.

The Lost Pirate: April School Holiday Programme

April School Holiday Programme – Monday 18 – Friday 28 April, 10am-3pm.

Activities: \$10

The Lost Pirate: performance and tour

Help our lost pirate! He is missing his treasure map and needs some help to find it in the museum galleries. The performance will take you on a tour through the galleries.

Make your Flag

Share where you are, where you have come from and where you are heading as you make your own personal flag using TapeArt, inspired by the current exhibition *Once Upon an Ocean*.

Ted Ashby Heritage Sailing

Climb aboard Ted Ashby for a one hour harbor sailing with her knowledgeable crew. From \$12.

Bookings are recommend for sailings.

09 373 0800

www.maritimemuseum.co.nz

www.facebook.co.nz/nzmaritimemuseum

VESSELS

The Maritime Museum owns one of the world's few working fleets of heritage vessels. Climb on board for a unique sailing experience on the sparkling Waitemata Harbour.

Ted Ashby

This traditional scow is typical of the vessels that once ploughed New Zealand's northern waters. There are twice-daily harbour cruises from Tuesday to Sunday. Check with Museum shop for times and tickets - bookings recommended. Approx. one hour trip.

SS Puke

Built in the late 1800s, Puke is New Zealand's oldest working steamboat.

Climb on board for a half an hour trip every second Saturday afternoon from 1pm—4pm. Five people pre trip—bookings essential.

BREEZE

Breeze is a traditional square-rigged brigantine sailing ship, similar to those used for New Zealand coastal and inter-dominion trade in the 19th and early 20th centuries. Check with the Museum shop for sailing dates - booking required.

All voyages aboard heritage vessels are subject to availability and weather conditions



New Zealand
Maritime Museum



TĀMAKI PAENGA HIRA
AUCKLAND WAR MEMORIAL MUSEUM

What's On Today

Saturday 19 March

10AM – 5PM

EXHIBITIONS

Home Front - Experiences of the First World War in New Zealand

Daily, Sainsbury Horrocks Gallery, FREE with Museum entry
Focusing on life 'at home' during the First World War, the Home Front exhibition will explore how events half a world away shaped lives at home.

Air New Zealand 75 Years

Special Exhibitions Hall, FREE with Museum entry
Come on a journey through the decades in this interactive, fun and exciting exhibition.

Excess Baggage

Between Māori Court and Pacific Masterpieces, FREE with Museum entry
Aotearoa New Zealand is a country built on travel. Have bag will travel – and 150 years ago it was no different. Excess Baggage shows you some of the luggage taken on journeys during the 19th and 20th centuries.

Çanakkale - Road to Peace Out of War

The Armoury, FREE with Museum entry
These photographs commemorate the 100th anniversary of the Battle of Çanakkale, also known as the Gallipoli Campaign.

GUIDED TOUR AND CULTURAL PERFORMANCE PACKAGES

Moa Package – Museum Entry, Māori Cultural Performance and Highlights Tour

10.45AM, 11AM, 12PM, 1.30PM, 2.30PM, charges apply – book at ticket desks
Our GIANT package – explore the museum with our wonderful guides then experience a vibrant and entertaining cultural performance.

Tui Package – Museum Entry and Māori Cultural Performance

11AM, 12PM, 1.30PM, 2.30PM, charges apply – book at ticket desks
Enjoy a vibrant and entertaining glimpse of Māori culture including the world famous haka. Your Māori cultural performance includes the opportunity to meet, talk and take photos with our friendly performers.

Kiwi Package – Museum Entry and Highlights Tour

10.45AM, 12.45PM, 2.15PM, charges apply – book at ticket desks
Gain insider information from our wonderful guides who share their knowledge about our most famous collections including the traditional voyaging waka and meeting house, our unique natural history and Hall of Memories.

WHAT'S ON TODAY

Treaty of Waitangi Exhibit

On display, Māori Court, FREE with Museum entry
He whakaaturanga mō Te Tiriti o Waitangi
This display explores some of the history surrounding the Treaty of Waitangi, and Treaty settlement process here in Auckland.

Pose with the Nose

Daily, 10AM – 4.30PM, outside southern atrium entrance, FREE
To celebrate the Air New Zealand 75 Years exhibition we are hosting the cockpit of a Boeing 737! #PoseWithNose to be in to win Air NZ 75th Anniversary spot prizes!

Te Tiriti the Treaty - Waitangi 175 - Gallery Trail

Daily, Museum Galleries, FREE with Museum entry
We have a selection of nine installations on our ground floor that examine new aspects of the Treaty through our objects. Look out for the green signage in the Museum. **See map for installation locations**

CHILDREN'S ACTIVITIES IN WEIRD & WONDERFUL

Discovery Time

11AM – 11.30AM & 2PM – 2.30PM, Weird & Wonderful, FREE with Museum entry
Ask our friendly Weird & Wonderful staff for details

Discovery Trail

All day, Weird & Wonderful, FREE with Museum entry

WHAT'S HOT

Dining Options

Columbus Café in the Atrium offers a fine selection of kiwi fare or enjoy your own refreshments in The Kai Room on the first floor. The easiest access is through the southern entrance via the Atrium.

MUSEUM LIBRARY

Open 10AM – 5PM, Monday – Saturday, level 2
Browse the Library's reference books, and research the rich collection of manuscripts, historical photographs and maps.

Follow us:



The Museum Store



Discover more at the Museum Store. Visit our store in the Grand Foyer and check out the great range of products, gifts and souvenirs inspired by the Museum collection. Take home a memory of your visit. Every purchase supports your Museum. Visit us onsite or online at: aucklandmuseum.com/store

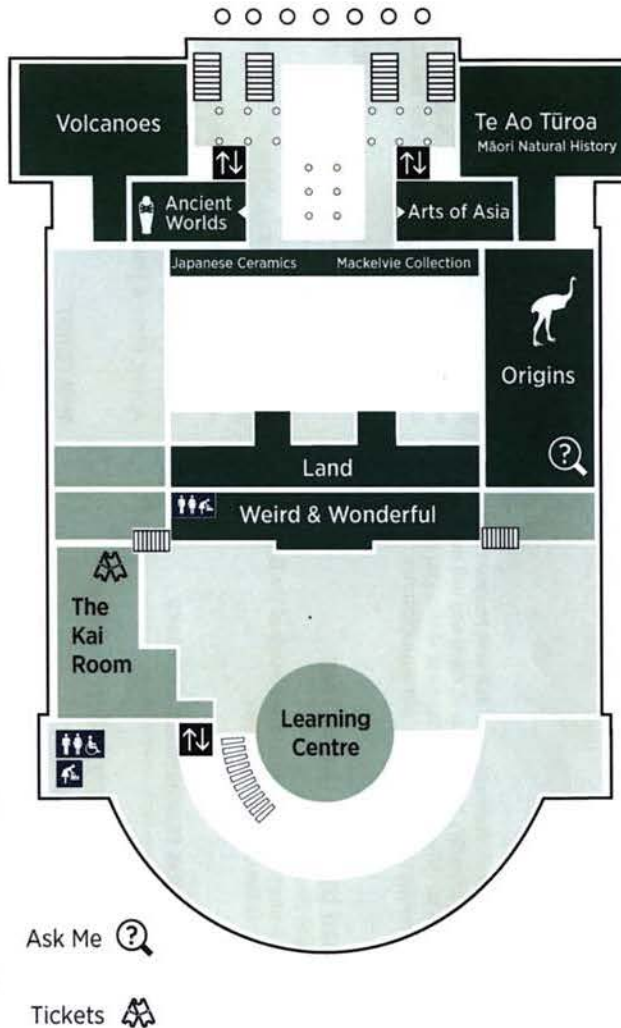
Ground level – People of the Pacific

From the great Pacific navigators – the Polynesians and New Zealand’s indigenous people, the Māori – through to the pioneers who settled New Zealand in the 19th century. Visit **The Museum Store** in the Grand Foyer, for gifts and souvenirs inspired by the Museum collection.



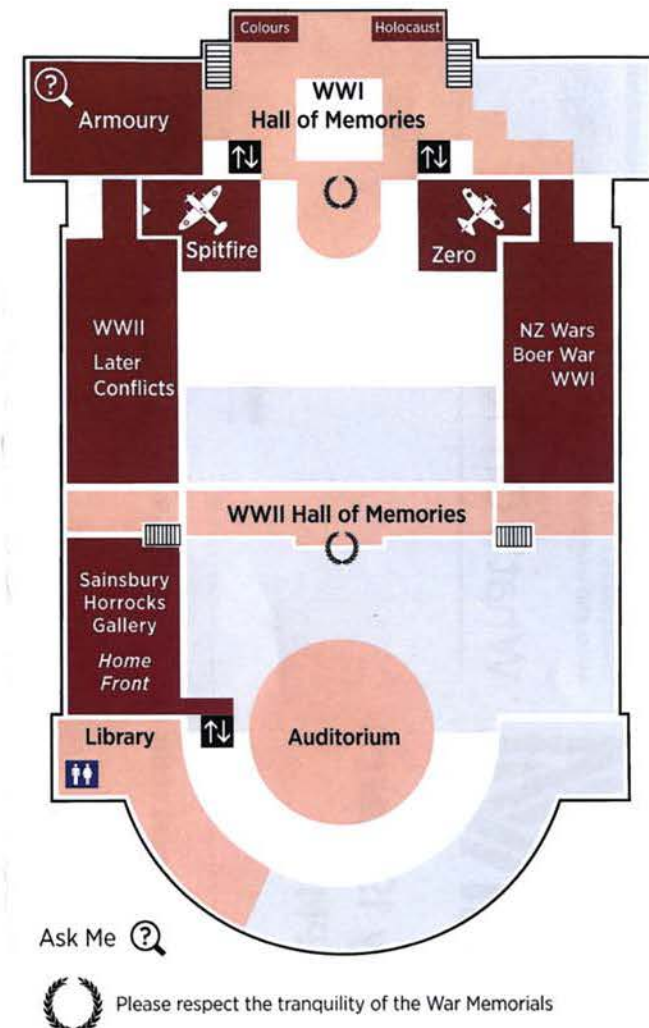
Level 1 – Stories of our Land and Sea

Here you will discover what’s uniquely ancient about our oceans, forests, volcanoes and animals. From our geological origins to the weird and wonderful flightless creatures for which New Zealand is known – the moa, kiwi and the giant weta.



Level 2 – New Zealand’s War Stories

Our war memorial galleries tell the story of New Zealand’s involvement in the great conflicts of the 20th century, as well as the New Zealand Wars of the 19th century. This floor houses our Halls of Memory, dedicated to the New Zealand fallen; commemorating in stone the loss and suffering of war.



TE TIRITI THE TREATY
See overleaf for more info

Excess Baggage Display

Food is only allowed in the Kai Room

AM
TAMAKI PAENGA HIRA
AUCKLAND WAR MEMORIAL MUSEUM