



Trek Tips. 2012

Dear Trekker,

Welcome to the world of OzXposure Australia & New Zealand!!

This edition of our Trek Tips has been specifically designed to help you prepare for your upcoming adventure to Australia or New Zealand. Whether you will be soaking up the sun in the Red Centre or glacier hopping at the bottom of the world, you are sure to have plenty of questions regarding the start of your trek and what to expect along the way.

OzXposure is not your typical holiday tour. Teamwork, flexibility and a lust for experience are at the very core of 'Trek' philosophy. The true success of each tour depends on you and your fellow trekkers pitching in and making the most of each and every day. We work hard to show you the adventure holiday of a lifetime, but it is your job to live it up!

The following information should help you prepare for your travels 'down under' with the essentials on budgeting, packing and joining your tour. You will receive additional information from your tour leader in the beginning and throughout your tour. Should you have further questions or require any assistance, please feel free to contact your local Trek office or visit our website www.ozxposure.com

One last bit of advice before we see you off ... pack light and be prepared for anything!

The team at OzXposure & New Zealand

All details are provided in good faith. Due to the nature of travel, this information can change and should therefore be taken as an indication only and not as a contractual obligation on the part of OzXposure & New Zealand



91-2 74330

The World of TrekAmerica Travel



TREKAMERICA SALES CONTACTS

If you have any questions, after reading through our Trek Tips, please contact the relevant sales office below. Please also use these numbers in case of any emergencies that arise before you depart for your tour.

UK / Worldwide Sales Office:

Tel: +44 (0)208 772 3770

Email: info@ozxposure.com

EMERGENCY CONTACT DETAILS

In case of a personal emergency while en-route to join a tour, or if your travel has been delayed in any way, please contact one of the following local numbers for our offices in Australia and NZ:

For departures in Australia:

1 (300) 654 604 or 0411 603 886 (when calling within Australia)

For departures in New Zealand:

07 377 8015 (when calling within New Zealand)

PROBLEMS ON TOUR

If you encounter any difficulties, or become dissatisfied with your trek, trek leader, accommodation, or any aspect of your OzXposure Australia & New Zealand tour, you must inform us immediately. **We can only help if we know there's a problem.** Call the relevant OzXposure Australia or New Zealand emergency number and speak to our staff.

IF YOU MISS YOUR TREK'S DEPARTURE

The unexpected can happen. Your plane may be delayed or you may even miss it (oops)! If you have missed your trek departure, first check with the hotel to see if your trek leader left you a message. If not, call the relevant OzXposure Australia & New Zealand emergency number and speak to the local team who will be happy to help you catch up with the group. You are responsible for any extra travelling expenses incurred because of a missed trek, so please be on time.

TOUR DEPARTURE AND CONFIRMATION DETAILS

Tour and accommodation vouchers (where requested) and our Trek Tips (providing you with essential pre tour information) will be emailed to you on receipt of final payment, after any amendments and again approximately 6 weeks prior to your tour departure. It is very important that you check your tour vouchers for the correct details.

On your tour voucher you will be either be advised of your departure time and point or you will be advised that the pick-up is by arrangement. All vouchers will advise one of the following dependant on whether you are travelling within Australia or New Zealand:

Call 1300654604 within Australia 48hrs prior to departure to reconfirm

Call 09 526 2149 within NZ 48hrs prior to departure to reconfirm

If your pick-up is 'by arrangement', when you call to reconfirm and advise where you are staying, you will be provided with your pick-up time.

FLIGHT ARRANGEMENTS

All international or domestic flights are the passengers' own responsibility. OzXposure Australia & New Zealand is unable to delay a tour, or finish a tour early due to your flight times. We recommend you book your flight to arrive into the departure city at least one day prior to your trek's departure. This will allow you some adjustment time and opportunities for sightseeing.

We also recommend that you book your return flight the day after your trek finishes. If you do have to return home on the day your trek finishes, please make sure your flight does not depart before 9pm. Please remember to take time/date differences into account when planning flight arrangements. In the event you must leave the trek early for your return flight, OzXposure must be informed at least two weeks before your trek's departure.

Anyone leaving from the UK can book flights with us on 0208 682 8921.

OzXposure Australia & New Zealand cannot be held responsible for any delays, cancellations or changes to your flights.

PASSPORTS & VISAS

A visa is required for most nationalities when visiting Australia. It is your responsibility to obtain the proper passport and visa(s) for the country/ countries you are visiting. To apply for a visa online go to:

<http://www.immi.gov.au/> for Australia and

<http://www.immigration.govt.nz/> for New Zealand.

IMMIGRATION & CUSTOMS

On entering a country you will need to proceed through customs. As long as you have a valid passport and visa (if necessary) you will have no worries. If you are asked at your destination how you intend to support yourself just show your tour voucher and return airline ticket.

HEALTH REQUIREMENTS & VACCINATIONS

If you have any medical condition such as diabetes, epilepsy, asthma, take prescribed medicines, or have a condition that will effect your participation in the trek, you must tell OzXposure or your travel agent at the time of booking. This information is essential in case of emergency. All our vehicles carry a basic first-aid kit, but for everyday use you should bring your own medical supplies; such as pain relievers, antibiotic cream, upset stomach relievers, in addition to sunscreen and insect repellent.

We recommend that you contact a physician or travel medicine clinic at least two months before travel in order to allow enough time for you to obtain any immunisations that may be required. A health professional will be able to assess your individual need for immunisations or preventative medication depending on your health situation, previous immunisation history and your travel itinerary. Information prior to your consultation with a doctor can be obtained from the 'Fit for Travel' website <http://www.fitfortravel.nhs.uk/>

TRAVEL INSURANCE

It is a condition of joining any of our tours that you must be insured against medical and personal accident risks (including repatriation costs, air ambulance, and helicopter rescue service). Our insurance policy is designed specifically to cover the potential risks on our holidays - particularly the many optional activities offered.

If you do not take our policy, you must ensure that the policy you do take offers an equivalent level of protection and covers you for the activities involved - be aware that some policies do not include, or may restrict, coverage for this type of travel. There may be cheaper policies on the market, but this does not mean it may better value - we strongly advise you check fully what will and won't be covered. In particular, cover provided by Credit Cards is often very restricted. Any claims concerning matters for which you are insured must be directed to your insurers.

LUGGAGE

Luggage Allowance

Our vehicles have limited space so please keep your luggage to a **maximum of 15 kg** (except KAKADU tours which are **maximum 10kg**) in a backpack or soft overnight bag with a small day pack for easy access to camera, sun block etc. It is recommended to plan ahead and arrange to store bulky items at pre-tour accommodation. This is relevant also, when travelling on packages which include Kakadu, as all tours start from and return to Darwin. Any package touring totally within the Northern Territory which includes the Red Centre will start from and return to Alice Springs. It may be necessary to freight excess luggage at passenger's expense.

Packing Tips

Keep in mind that our dress tends to be informal. Take a practical selection of clothes for both hot and cool climates to suit the season. Be prepared to encounter a wide variety of temperatures en route due to altitude and unforeseen weather conditions. We supply a thermal pad to sleep on, but if you prefer added comfort, you are encouraged to bring your own self-inflating sleeping pad and pillow.

Besides your essential clothes, here's a checklist of other items you should take:

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|------------------------------------|----------------------------------|
| ✓ Waterproof jacket and trousers | ✓ Toiletries / Personal medicine |
| ✓ Waterproof sandals or flip-flops | ✓ Warm sweater |
| ✓ Comfortable day shoes | ✓ Hiking shoes / Boots |
| ✓ Sunscreen / Sunglasses | ✓ Hat / Gloves |
| ✓ Binoculars | ✓ Swim wear |
| ✓ Flashlight (Torch) | ✓ Camera & film |
| ✓ Travel power adaptor (optional) | ✓ Alarm clock / Watch |
| ✓ Insect repellent | ✓ Towel & face cloth |
| (containing at least 20% DEET) | ✓ Shaving supplies |
| ✓ Sleeping bag | |

Clothes Washing

You will have the opportunity to wash your clothes while on the trek. This can often be done at the campsite, or in a nearby town. Ask your trek leader for local information.

Footwear

Comfortable shoes with good ankle support will make all walking more enjoyable. We strongly recommend a pair of walking boots/shoes. If you do not own a pair, sneakers/trainers will suffice.

SLEEPING BAGS

Our camping tours require you to take a warm sleeping bag. We will supply a thermal sleeping pad. For added comfort you may wish to take a small camping style pillow. You do not need a sleeping bag if you are joining one of our accommodated tours in Australia. On New Zealand tours sheets and blankets are provided in most hostels avoiding the necessity for a sleeping bag on most nights. In the few hostels that do not offer sheets and blankets FOC you can rent them for a few dollars therefore avoiding the need for a sleeping bag altogether. If you do not own a sleeping bag, there is the opportunity to purchase a sleeping bag from selected departures for \$50 AUD. Please ask the OzXposure team for details.

Be Prepared! If you are travelling on an early/late season trek in NZ or a winter trek in OZ/NZ, we suggest you bring a mountain climate sleeping bag (0 to -5). The weather can be much cooler with possible rain or snow, so thermal underwear, hat and gloves are also useful. Better to be too warm than too cold!

SPENDING MONEY

We recommend you take \$65-\$70 AUD/NZD per day to budget for your optional activities and snacks along the way on our OzXposure Australia & New Zealand tours. This does not include money for food kitty. Of course if you do wish to participate in all the optional activities, purchase more expensive souvenirs, enjoy local nightlife and want to offer a larger tip for exceptional service bring more funds, you can always take them home if you don't spend them.

Facilities are not always easily available in isolated areas to exchange Travellers Cheques in Australia or New Zealand. Some banks may charge a large fee on this transaction. The most convenient way to obtain extra cash while touring is via an ATM (fees may still apply) - the Guide will be able to advise you on the nearest ATM to your location.

MEALS AND FOOD KITTY

Australia & New Zealand Tours

Most of the tours will have the majority of the meals included but certain tours operate a food kitty which is paid locally to your tour leader. For a specific breakdown please refer to your itinerary on our website. The food kitty payment (\$10AUD/\$15NZD day) will be paid to your tour leader and must be paid in cash. Sorry, credit cards cannot be accepted for food kitty payment. Food kitty money will cover most meals when camping and when staying in accommodation that has kitchen facilities.

For the days that you are staying in hotels or accommodation without kitchen facilities you are encouraged to try many of the specialty foods that each city offers, so allow extra money these nights (approx. \$15 – \$20).

We will provide all cooking equipment and everyone will take turns in the buying, preparation and cooking of group meals.

TIPPING

Your trek leader works long and hard for you. He or she may well become your close friend during the trek, but they also need to pay their bills. If the leader's performance meets or exceeds your expectations we recommend a tip of AUD/NZ \$2-\$3 per person, per day.

MUSIC

Most vehicles are equipped with a CD player or ipod connection so don't forget your favourite tunes!

CULTURE SHOCK

Knowledgeable ex-trekkers advise handling 'culture shock' with adaptability, humour and a lot of common sense. Give yourself time to get used to culture differences, you may even find that they make a pleasant change from home. The more you accept things as being merely different, neither better nor worse than at home, the more you'll be able to enjoy YOUR trek. In other words, the less you make comparisons, the more you'll enjoy your new experiences. Remember too, you will not only be discovering a different continent on your holiday – you may also have the chance to learn from your fellow-trekkers about their countries and customs.

LANGUAGE

Although Trek carries passengers from many countries, the tours are primarily conducted in English.

TREK ITINERARIES

Although each trek follows an itinerary, there is a certain amount of flexibility, and from time to time your trek leader may suggest changes. This may be due to road conditions, weather, or a visit to a special attraction that happens to be in progress. Flexibility is the key and often a side diversion will be a highlight of the trek.

COMBINATION TOURS

Please note that many of the longer tours in Aus and NZ are a combination of 2 or 3 shorter trips. While most travellers will be booked on to the longer treks, a few clients may 'hop on' or 'get off' at the larger gateway cities. This allows us to offer more choices of departures and gives our groups the opportunity to meet more new friends as they travel. As the tours are already designed to visit these cities, your itinerary will not be affected in any way.

SPECIALIST LOCAL OPERATORS

OzXposure enables you to explore further off the beaten path and into even more remote regions of Australia and New Zealand by utilising the specialist expertise of regional operators. Our independent regional operators are carefully selected for their vast local knowledge, experience and professionalism and in many cases use specially designed 4WD vehicles to cope with the more rugged terrain.

SECURITY

No matter where you find yourself in the world you need to look after your valuables. Use your best common sense! While in cities, do not leave valuables in the vehicle. While camping, do not leave valuables in tents when away from camp. In general, the safest place for items such as passports, flight tickets and cash is on your person or in a hotel safe where available. When in doubt consult your trek leader.

DRINKING & DRUGS

Drinking

Alcoholic beverages are easily obtainable and many of you will undoubtedly wish to sample the local brews, such as Two Dogs, VB or a 'Steiny' - just remember not to over-indulge.

Drugs

Possession of drugs without a proper medical prescription will not be tolerated. If anyone is found with an illegal drug, they will be instantly removed from the trek.

ACCOMMODATION ON TREK

Camping Accommodation

OzXposure Australia treks use a wide assortment of campgrounds. Most will have flush toilets and hot showers. Some desert campgrounds charge an additional fee for showers. All campsites have a quiet time from 10pm to 7am. Please respect your fellow campers who are there for the peace and tranquillity of camping.

Hotels En-Route

All en-route accommodation is included in the price of your tour and you could stay in a variety of different styles of accommodation. From backpacker hostels, cabins and pubs to even a sailboat!

TEAMWORK

While our trek leader will do everything possible to make your holiday one of the best you've had, its full success will depend to a 'real extent on your own enthusiasm and cooperation'. A Trek is a unique holiday, and much of your enjoyment will come from the team spirit of your group and the fun you'll have together, as well as from the local setting. We cannot stress too strongly the importance of your own positive attitude - given which even the adversity of a rainstorm can be good fun!

CLEANLINESS

It is important that you and your fellow trek members keep the vehicle, tents and cooking equipment clean as they are in regular use. Also, at most of the campsites there are hot shower facilities. Please ensure that you keep yourself and your clothes clean, to avoid offending others and causing unnecessary friction amongst the group.

PASSENGER MESSAGE BOARD

Want to contact your fellow trekkers before your tour? OzXposure Australia & New Zealand has created an on-line "chat area" where you can leave messages for other passengers on your trip. All current messages can be viewed at:

http://www.letstrekaustralia.com/trektips_messageboard.htm

To leave your own message, simply send an email to comments@trekamerica.co.uk with "Add to upcoming trips" in the title and remember to include your full name, tour departure and reply email address along with your message. Or check us out on facebook under 'OzXposure'. Check today to see if your fellow trekkers have left a message for you!

PRE TOUR AND POST TOUR HOTELS

On certain tours starting or finishing in Auckland or Christchurch, we are able to arrange pre and post tour accommodation for one night. On the tours that we are able to arrange this, this hotel also acts as the trek's arrival and departure point. We are only able to offer single rooms for solo travellers. Additional nights may be requested but would be on a single basis only.

GATEWAY HOTEL DETAILS

All transfer details are based on travel between the closest international airport and our gateway hotel. Prices and transfer times are approximate. These hotels are subject to change so please check your vouchers to confirm this information.

AUCKLAND HOTEL

Scenic Circle Airedale Hotel
380 Queen Street, Auckland
Tel: (09) 374 1741
Fax: (09) 374 1740

Transfer: A taxi from the airport costing around NZ\$60 - NZ\$80, are available 24 hours a day and can be found just outside the terminal. Alternatively there are 2 shuttle options that stop at the hotel and take approximately 30 mins; the Super Shuttle (NZ\$25) and the Airbus (NZ\$15).

AUCKLAND HOTEL

YHA International Hostel
5 Turner Street,
Auckland City
Tel 9 302 8200

Transfer: A taxi from the airport costing around NZ\$60 - NZ\$80, are available 24 hours a day and can be found just outside the terminal. Alternatively there are 2 shuttle options that stop near the hostel and take approximately 30 mins; the Super Shuttle (NZ\$25) and the Airbus (NZ\$15).

CHRISTCHURCH HOTEL

Scenic Circle Cotswold Hotel
88-96 Papanui Road, Christchurch
Tel: (03) 355 3535
Fax: (03) 355 6695

Transfer: Catch an airport shuttle for around NZ\$20 per person (the price reduces if there are 2 or more people travelling together). Alternatively a taxi will cost approximately NZ\$30-35 and takes around 20 minutes.

CHRISTCHURCH HOTEL

Jailhouse Backpackers
338 Lincoln Road
Christchurch 8024, New Zealand
(03) 982 7777

Transfer: Catch an airport shuttle for around NZ\$20 per person (the price reduces if there are 2 or more people travelling together). Alternatively a taxi will cost approximately NZ\$30-35 and takes around 20 minutes.