



5TH WORLD CONFERENCE ON PROMOTION OF MENTAL HEALTH & THE PREVENTION OF MENTAL & BEHAVIOURAL DISORDERS, SEPTEMBER 10-12, 2008

Pre-conference Tour – Tropical North Queensland & Central Australia

Thursday September 4th

Arrive Cairns Airport and transfer to accommodation at Paradise on the Beach Resort, Palm Cove. This beach side resort is set idyllically with golden sand and a palm-fringed beach on the doorstep.

Friday September 5th (B, L)

Full day tour to the Great Barrier Reef. Transfer by coach along the Captain Cook Highway to Port Douglas where you'll board the boat and travel to the outer reef to snorkel and swim amongst the fish and coral. Late afternoon arrival at Paradise on the Beach.



Saturday September 6th (B, L)



A full day tour to Kuranda, travelling by train up the McAlister Range, through 15 tunnels and past the Barron Falls. Enjoy time at the Kuranda markets, aboriginal dancers, koala and wildlife park and the Skyrail cablecar.

Sunday September 7th (B)

Take a morning flight to Alice Springs in Central Australia and check in to The Diplomat Motel. Depart for an afternoon tour of Standley Chasm and Simpsons Gap, clefts in the imposing MacDonnell Ranges to the west. The tour concludes at Anzac Hill where panoramic views of Alice Springs are afforded.

Monday September 8th (B, L, D)



An early rise for the transfer by road to Uluru (Ayers Rock). Located some 450 kilometres from Alice Springs, the world's greatest monolith rises 348 metres above the desert floor. Arrive early afternoon at campsite and after lunch visit The Olgas, a cluster of massive rounded rocks. Take a walk through the 'Valley of the Winds' before the spectacular sunset viewing of Uluru. Dinner around the campfire and camping accommodation under

the stars conclude the day's program.

Tuesday September 9th (B, L)

Another early rise for sunrise climb of Ayers Rock followed by tour of the base caves. The 1.6 kilometre climb is not for the unfit and is quite strenuous. As it follows an important religious track, the traditional owners prefer that visitors take other discovery walks. Late morning transfer to airport for flight to Melbourne, arrive early evening.



Cost: \$1540 pp (twin or double share) & \$1880 pp (single share).

Includes: Tour of Great Barrier Reef and Kuranda, five nights accommodation (motel and camping), tour of Ayers Rock, The Olgas and Stanley Chasm, meals as indicated (B-breakfast, L-lunch, D-dinner), transfers, gst.

The above package assumes delegates would fly into Cairns before the first day. We would arrange accommodation at Palm Cove, on the northern beaches 20 minutes from Cairns. The cost does not include airfares from Cairns to Alice Springs or Ayers Rock to Melbourne.



Post-conference Tour – Great Ocean Road/Grampians/Ballarat

Saturday September 13th (L)



Depart Melbourne at 8am and travel to the west through Geelong, the state's second largest city. Not long past Geelong the ocean comes into view and at Anglesea a stop would be made to view the kangaroos that frequent the golf course. Continue onto Lorne where the dual mix of the ocean and the Otway Ranges is breathtaking. Lunch would be taken at Lavers Hill and before the drive through to the rainforest at Melba Gully then to the Shipwreck Coast. The afternoon would feature the coastal rock formations of Loch Ard Gorge, 12 Apostles and The Arch before arriving in Port Campbell.

Sunday September 14th (B, L)

After breakfast travel across to Tower Hill, an extinct volcano and now a State Park. A walk through the park reveals koalas in generous numbers in the gum trees. Late morning continue through to Dunkeld where lunch will be enjoyed at the stylish Royal Mail Hotel. After lunch, a visit would be made to Crombie Homestead where our hosts, Rex & Gay Beveridge will provide an insight into life on the land. A shearing demonstration with a sheep dog roundup would precede a garden walk and afternoon tea. Late afternoon transfer through to Halls Gap, the major town at the heart of the breathtaking Grampians mountain range.



Monday September 15th (B, L, D)



Depart Halls Gap and travel through the Grampians taking in some of the most spectacular scenery the state has to offer. Included in these are The Balconies, Mt Difficult Lookout and The Jaws of Death before transferring through to Ballarat and Sovereign Hill. Sovereign Hill is a recreation of Ballarat's first ten years following the discovery of gold there in 1851. Adjourn to the Charlie Napier Hotel for dinner before experiencing the sound and light show, 'Blood on the Southern Cross'. The show brilliantly recreates the events that lead to Australia's only civil war, the Eureka Stockade on Sunday December 3rd 1854.

Cost: \$790 pp, based on a minimum of 10 people (twin/double share).
\$935 pp, based on a minimum of 10 people (single share).

Includes: Deluxe mini-bus transport, two nights accommodation, meals as indicated (B-breakfast, L-lunch, D-dinner), shearing demonstration and farm visit at Crombie Homestead, tour of Melba Gully, Port Campbell National Park, Tower Hill, Grampians and Sovereign Hill, entry fees to Sovereign Hill and Blood on the Southern Cross, dinner on the final night at Sovereign Hill, guide, gst.



Partner Tours (Available Daily)

Whistles, Wine & Wildlife

Take the scenic route out to the beautiful Yarra Valley. With its rolling hills and ever increasing fields of vines, the region has re-established itself as one of the country's premium producers of cool climate wines. The first stop would be made at the Healesville Sanctuary, home to more than 200 species of native animals in a natural bush setting. A guided tour of this first class facility would be provided. Enjoy lunch and wine tasting at Yering Station Winery before the drive across to the Dandenong Ranges. Appreciate why the area has been luring visitors for over a century on the train ride through the hills aboard the quaint little steam train, Puffing Billy.



- Cost:** \$160 pp.
Includes: Deluxe coach transport, entry to and guided tour of the Healesville Sanctuary, wine tasting, main course lunch, glass of wine & coffee at Yering Station Winery, ride on Puffing Billy, guide, gst.
Times: 8.00am to 5.30pm.

Great Ocean Road



Imagine a road that hugs the side of sheer cliffs, where the native bushland meets the blue waters of the Southern Ocean. Experience the temperate rainforest at Maits Rest that features fern gullies and giant myrtle trees. There's also the koalas at Kennett River and the spectacular coastline that's home to the Twelve Apostles, Loch Ard Gorge and the Razorback.

- Cost:** \$135 pp.
Includes: Deluxe coach transport, lunch with tea & coffee, entry to the Port Campbell National Park, guide, gst.
Times: 7.45am to 7.30pm

Penguins

Enjoy the antics of the world's smallest penguins at fascinating Phillip Island. The sight of Australia's largest fairy penguin colony emerging from the surf and waddling up the beach with food for their young brings howls of delight from an enthralled crowd.



- Cost:** \$115 pp.
Includes: Deluxe coach transport, entry to Penguin Parade with Penguin Plus, guide, gst.
Times: 2.45pm to 10.30pm.



Your ticket to great getaways!

TOURS BOOKING FORM

Link Tours Pty Ltd has been appointed to manage the tours program for the 5th World Conference on Promotion of Mental Health & the Prevention of Mental & Behavioural Disorders. They are a Melbourne based company who have been established for more than 20 years. Tours are not included in the registration fee and are to be paid for separately. Booking and payment for the tours are to be made with:

Link Tours Pty Ltd
294 Montague Street, South Melbourne, VIC 3205, Australia
Phone: 61+3+9699-8422 Fax: 61+3+9690-2902
Email: info@linktours.com.au http: www.linktours.com.au

<u>Tour</u>	<u>Cost</u>	<u>Seats</u>	<u>Date</u>
Pre-conference (Sept 4-9)	\$1540 / \$1880	
Post-conference (Sept 13-15)	\$ 790 / \$ 935	
Whistles, Wine & Wildlife	\$ 160
Great Ocean Road	\$ 135
Penguins	\$ 115
<i>Total</i>		

Personal Details

Title:..... First Name:..... Surname:.....

Organisation:.....

Telephone (Work):..... Facsimile:.....

E-mail:.....

Hotel:.....

Payment Details

Cheque in Australian Dollars made payable to Link Tours Pty Ltd or

Payment can be made (tick appropriate box) Visa Mastercard Amex

Cardholder's Name:.....

Credit Card Number:...../...../..... Expiry date:.....

Cardholder's signature:.....