



2016 Motorcycle Tour Information



3 steps to a Timor Adventure Tour

1. Find out



The first step to a Timor adventure tour is to read this booklet. It will give you information about where we go, what we do, how we get there, what the country is like and how to prepare. It also answers many questions we frequently get asked. This booklet and the website are a great place to start. If you have any questions after reading the booklet just contact us

Email: carlos@timoradventures

Phone: +670 77261059 +670 7616371 (send us an SMS and we'll call you back).

2. Join a tour



To join one of our tours first contact us to find out if a place is available. To secure a place:

- Complete and sign the application form
- Provide a copy of your motorcycle licence
- Carefully read and sign the Terms and Conditions
- Pay the deposit and ensure the full payment is made at least 60 days before the tour
- Provide a copy of your travel insurance at least 2 weeks before the tour commences

3. Get ready for the adventure



When you have booked a Timor adventure tour it's time to start preparing for the adventure. We will provide you with

- Time to get packing: A detailed packing list is provided as well as a few handy hints
- Opportunity to learn: We provide you with information about the culture and history of the country as well as references to other resources
- Learn some language: A list of common phrases and information about the language is also provided



Tour map of Timor Leste



A few of the highlights

Dili	The capital city, historic buildings, markets, beach and Cristo Rei - the Jesus Statue
Baucau	2 nd largest city, old Portuguese town, Timor's only full size swimming pool
Com	Great coastal road, villages and an abandoned port
Jaco	Short boat ride to Jaco Island, marine park, coral and amazing views from Tutuala
Ossu	The Fretilin forces stronghold, waterfall, river and caves
Betano	The rocky beaches of the South coast, Betano evacuation place of Australian WW2 troops
Maubisse	Mountain coffee growing region
Balibo	The historic 'flag' house now a community centre and a Portuguese fort
Bobonaro	Spectacular mountain views
Mt Ramelau	The highest mountain 2964m



Sample 13 day Itinerary * Sample 8 day itinerary

Day	Where we travel and what we do	We stay in
*1	Arrive in Dili an orientation ride and dinner	Dili
*2	Ride from Dili to Baucau, have a swim, eat drink, take photos you get the idea.	Baucau
*3	Explore Baucau, head off to Com along a gorgeous coast road, stop for lunch visit the Com port, maybe go fishing	Com
*4	Ride to Tutuala, perhaps a boat ride to Jaco Island then stay in guest house on the beach	Jaco beach
*5	BIG ride today Ride from coast to coast via a mountain plateau, past waterfalls and Japanese WW2 shelters, swim in the river and visit the caves	Loi Hunu
*6	A rocky coast, a couple of rivers to cross, historical WW2 site and wind our way up the mountains	Same
7	Down the mountains, stopping in at the Dare WW2 memorial on our way back to Dili	Dili
8	Explore the sights, history, art and culture of Dili. Visit the Jesus statue, Santa Cruz, The resistance museum, Arte Morris and the Tasi Tolu	Dili
9	Head West along the coast to the border, visit the Balibo flag house and learning centre	Maliana
10	Maliana market, through Zumali and Ainaro	Ainaro
*11	Keep going up the mountains to the highest village and climb all the way to the top	Hatu Bulico
12	Back down from the mountain and into Maubisse	Maubisse
*13	Ainaro through Maubisse, Alileu and back to Dili	Dili

Please be aware that this itinerary is a guide only. Changes may need to be made due to road conditions, weather, local circumstances, events or other factors. The tour leader will make final decisions on the day after consulting with local authorities and the participants.

Getting to East Timor

Dili, the capital city of East Timor is about 700km North West of Darwin, about 1 hour by plane. Several airlines including Jetstar, Virgin, and Qantas fly to Darwin.

Airnorth operates from Darwin to Dili.



There are a couple of other ways to get to Dili by plane. Air Timor operates services from Singapore and Denpasar in Indonesia. SirwiJaya Air also runs a service from Denpasar to Dili While East Timor is only a short distance away it is an international flight so remember you will need to allow plenty of time at the airport and your passport must be valid for at least 6 months on arrival. A visa for 30 days cost \$30 USD on arrival at Dili airport, and there is a \$10 US departure tax.



About us

Timor Adventures is a Timorese company and is registered and licenced by the Timor government to operate tours in East Timor. We have strong personal ties to East Timor and a firm commitment to contribute to East Timor's growth as a nation. East Timor is experiencing a period of political stability with no significant incidences of unrest reported since 2008, tourism is on the resurgence.

Our vision is to take travellers on an adventure of discovery. To allow them time to connect with East Timor's natural beauty and amazing people. And through learning something of East Timor's turbulent past feel a part of its exciting future.

There are limited spaces for non-riders in our support vehicle. This gives the option for you and a friend to share the riding or for a friend/ family member to accompany you on the tour. Please note that we reserve the right to alter pricing under some circumstances, refer to Clause 4 of the terms and conditions. For more details about deposits and payment, refer to Clause 2 of our terms and conditions.

Price includes

- Twin share accommodation in a combination of hotels, seaside bungalows and simple guest houses
- All breakfasts, lunches, and dinners
- Motorcycle hire and fuel for the duration of the tour
- Support vehicle for luggage and assistance.
- Local speaking guide
- Motorcycle luggage for small items
- Guided day trip of Dili
- Mobile phone and local sim card for the duration of the tour. There is good mobile phone coverage and it is cheap to send text messages to Australia.
- Daily briefings, tour maps and trip notes
- Stock spare parts, tools and first aid equipment
- Bottled water
- Airport transfer if arriving on the day the tour starts

Price excludes

- Airfares to and from Dili
- Travel insurance covering the use of a motorcycle
- Health check , vaccinations and medications
- Entry visa and departure tax



- Personal expenses such as souvenirs, drinks and personal snacks
- Personal shopping and expenses
- Boat ride to Jaco Island
- Mobile phone credit
- Repair or replacement costs associated with damage to your bike
- Return airport transfers to Dili airport
- Tips for local tour guides, not mandatory but very much appreciated.

How much money will I need to bring?

Budget on \$15 - \$30 USD per day for expenses not included. You are likely to spend more in Dili where there is a range of shopping and nightlife. You might like to consider visiting the Tais market or Alola Foundation to purchase some handcrafts and support local women's enterprises.

You will need \$30 USD for a visa on arrival and \$10 USD for the departure tax.

Mobile phone credit top up cards of \$5 upwards can be purchased just about anywhere, \$30 for average use for texting is about right.

There are a couple of ATM's in Dili and one in Baucau but they are highly unreliable. It is best to bring small denominations of US dollars with you.

Food and meals

There is good food to be had in Dili with cuisines from all over, seafood is plentiful.

There are a couple of large supermarkets in Dili to stock up on treats for along the road.

In more remote areas food can be basic and scarce. In some instances we will buy up fruit and vegetables from markets along the way for our evening meal.

In the rural areas meals are a mix of whatever produce is available plus packaged noodles or rice. Pork, chicken or beef are usually included. Staples include root vegetables and the bread is usually good. We are treated to fresh fish in Dili and Com. Timor is also known for its wide variety of bananas. East Timorese food is influenced by the cuisines of China, Indonesia and Portugal. Vegetarians will be catered for. Timorese coffee is exceptionally good.

As in other places in the developing world you can only drink bottled water. It is important to make sure you are carrying water at all times to avoid dehydration. Canned soft drinks are available in most markets. Singapore's Tiger and Indonesian Bintang beer are also available. The locally distilled palm wine is best avoided.

Accommodation

In Dili we stay in what is by Australian standards a 3 star hotel. Throughout the remainder of the tour we mostly stay in small guest houses these are often basic and some have shared facilities, this is both because this is what is available and because our tours aim to provide income to local



families. Along the coast we stay in seaside bungalows. All accommodation is usually doubles for couples and twin share for others. Single supplement is available on request

Health

Like other developing countries East Timor is in the tropics and has low standards of sanitation. The two biggest risks to health are Malaria and contaminated food and water so be prepared but not alarmed, basic precautions will go a long way to preventing illness.

You will need to be reasonably fit and in reasonably good health for this tour. If unsure about your level of fitness or health it is advised you check with your doctor before booking. Your doctor will also be able to advise you on the necessary vaccinations and other health precautions.

Motorcycle travel by nature can be a risky pursuit. Participating in a tour on a bike that is new to you on roads that you have not ridden before is difficult enough. East Timor's roads are unpredictable and have unusual traffic conditions. Medical facilities are limited in East Timor. If there is serious injury or illness an airlift to Darwin may be required.

Travel insurance is mandatory for all Timor Adventures and we will require a copy of your travel insurance as part of the application process, refer to Clause 7 of the terms and conditions. Please be aware that travel insurance ceases immediately on your return to your country. If further treatment is required other forms of health insurance or government cover will resume.

Climate and clothing

East Timor has extreme wet and dry seasons. Our tours run in the dry season. Day temperatures are around 30 to 35 degrees in the lowland areas dropping to 20 degrees overnight. In the mountains day time temperatures are still warm to hot but night temperatures can drop to 15 degrees or lower.

A recommended packing list will be provided in the lead up to the tour but in terms of motorcycle clothing the aim is to find a balance between protection and avoiding overheating. Dehydration and sun exposure both need to be managed on and off the road. We do this by where possible avoiding riding during the hottest part of the day, carrying plenty of water, using sunscreen and wearing appropriate clothing including a sun hat when we are not riding.

When riding you will be expected to wear:

- Motorcycle helmet, the local motorcycle helmets are not very good. It is best to bring an Australian standard helmet.
- Protective, well ventilated long pants
- Closed toe footwear
- Summer gloves
- A summer motorcycle jacket.
- Sunglasses



Community development and independence for Timor

There has been a great effort by the Timorese people with the support of many countries to rebuild the country. Many Australians have donated their time, energy and resources to this effort. During the course of the tour we will get a chance to see firsthand some of this work.

Tourism is one of the emerging industries for this country. Your participation in this tour will help contribute to local economies.

About the bikes

Experience has shown that the best bikes for East Timor's roads are small bore local bikes. Our preferred bike for this trip is the 150cc Honda Mega Pro (That is a whopping 50cc's more than a Postie bike!).

These bikes are light, manoeuvrable and robust making them ideal for the unpredictable roads conditions.



Mega Pro's come in Basic Black, Silver and Fire Red

Features: 5 speed gearbox, front disk brake, 400km fuel range

"The bikes coped with river crossings, deep mud bogs, steep rocky descents, hours of teeth rattling corrugations, pot holes that were deserving of their own post codes, and unavoidable trenches that threatened to buckle wheels. They ran from sea level to mountain passes way higher than those through the Great Dividing Range

The light weight of the bikes and the small engine sizes were ideal to the task, giving a cruising speed of about 60 kmph – where any faster would have been dangerous; any heavier tedious; and any less nimble risky amongst the obstructions, trucks and livestock". **Stuart**

"The roads were really bad...in places!

The Timor Leste people are wonderful, and to be so close in the districts was a rare and special opportunity. Optimism abounds, and the friendliness is fantastic.

The scenery is spectacular!! That special time of celebrating Independence made it a totally unique, once in a lifetime experience, for which I am very glad we got to share with you Dave, getting the benefits of your knowledge, experience and camaraderie. "

Vange

Roads and riding style

The roads are unpredictable, poorly maintained and potholed! There are few road signs, traffic warning signs or guard rails even in the mountains. Chickens, goats, pigs and the odd water buffalo



can be found walking across the road. The going is slow and in some places can be tortuous, but there is always a reward at the end!

Along the coast and in mountains there are steep hairpin bends. Generally the local microlet, (mini bus) and anguna, (truck) drivers are slow and cautious and don't present a problem for two wheel motorists. However, the 4wd's that roam the country are to be watched out for, some have little respect for others on the road and show little road sense. You will also need to pay attention for pedestrians as we pass through villages and dogs that tend to sleep on the roads.

Riding in Dili can be very difficult if you don't know your way, there are many one way streets and loads of 4wd's. Your guide will orient you to Dili and point you in the right direction for the major attractions.

The most effective and enjoyable approach is to take it slowly. You will need to be patient, particularly in Dili and when riding through villages. Apart from that really all you need is good concentration and reasonable stamina, so getting a good night's sleep is the best and safest way to enjoy the trip.

Responsible tourism

Timor Adventures is committed to responsible tourism. Responsible tourism aims to minimise the impact on the environment and culture while helping to generate income and employment for local people.

Here are a few things you can do

- Read up about the culture, history & politics of East Timor
- Learning some of the local language Tetum
- Purchase locally made products, support traditional crafts. When buying or bargaining for an item remember that small amounts of money can be significant to the seller.
- Dress respectfully and be aware of the local standards.
- Always ask first before photographing or videoing people. If you take a photo on a digital camera, show the person and ask if the photo is OK.
- Minimise waste and where possible use renewable resources
- When you return home find out more about organisations and programs that are working in East Timor to protect the welfare, culture and environment and consider supporting them.
- Avoid giving money or gifts to children and people you have just met. Find other ways to support communities through local community development projects, schools and clinics.
- Help build good relationships and understanding between our cultures by behaving equitably and respectfully



What is there to do at the beginning or end of the tour?

You could choose to go diving, fishing, visit Atauro Island, catch the ferry to the enclave of Oecussi or head off to Bali which is just an hour's flight away.

10 things you can do to prepare for a Timor Adventure Tour

1. Book your place in a tour
2. Check with your doctor and take all necessary medical precautions.
3. Book your flights
4. Make sure you have at least six months left on your pass port.
5. Organise travel insurance that will cover you for motorcycle riding during the tour.
6. Check with the Australian Department of Foreign Affairs for any travel warnings and register with Smart Traveller, (or equivalent for other countries).
7. Motorcycle education is always a good thing. If you're riding is a bit rusty it would be very useful to get in some practise before the tour.
8. Read about the history and culture of the country.
9. Learn some of the local language Tetum.
10. Get some US dollars and pack your bags

