



**2016 Tour Information**  
**Community & Cultural Tours**

### 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
- 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

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

### Sample 9 day itinerary

Day	Where we travel and what we do	We stay in
1	Arrive in Dili, meet the group over dinner	Dili
2	Dili to Baucau along the North East Coast taking our time to have a swim, stop at some great views and have some lunch on the way	Baucau
3	Explore Baucau and the beach before we head off to Com along a gorgeous coast road, stop for lunch and visit the Com port	Com
4	Make our way to Tutuala, perhaps a boat ride to Jaco Island then stay in guest house on the beach	Jaco beach
5	Visit Lospalos and meet some of the local weavers on our way back to Baucau	Baucau
6	Explore the mountains to the South of Baucau before and visit the village of Venilale before staying overnight in Loi Hunu	Loi Hunu
7	Travel through the south coast visiting Viqueque and historic Betano before commencing our journey through the mountain range	Same
8	The last leg of our journey takes us through the coffee growing region of Maubisse, we visit the historical world war 2 site at Dare and finish our day with a farewell dinner in 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.

## Tour Price includes

- Experienced tour leaders
- Twin share accommodation in a combination of hotels, seaside bungalows and simple guest houses
- All breakfasts, lunches, and dinners
- 4wd and driver
- Local speaking guide
- 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
- Bottled water
- Airport transfer if arriving on the day the tour starts

## Tour 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
- Return airport transfers to Dili airport
- Tips for local tour guides, not mandatory but very much appreciated.

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.

### **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 few ATM's in Dili 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.

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. Medical facilities are limited in East Timor. If there is serious injury or illness an airlift to Darwin may be required. 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. Dehydration and sun exposure both need to be managed. We do this by carrying plenty of water, encouraging the use of sunscreen and wearing appropriate clothing including a sun hat.

## 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.

*Thank you so much Timor Adventures for an amazing journey through the beautiful Timor Leste!!!! We took on the roads, dodged the critters, travelled through some of the most amazing country side I have ever seen and were welcomed everywhere with the biggest smiles and open hearts. It was hard to leave such a wonderful place and I am already planning my next adventure back there. A special thanks to Shirley Carlos and Mana Vana for providing such a well organised and fullfilling safe journey! I'll be back for sure....*

**Emma Kate**

*"Timor Adventures has allowed me to discover Timor Leste as a newly independent nation, which makes me feel very privileged. Our visit gave me an insight into the strength and resilience of the Timorese people and gave us a unique opportunity to connect with some inspiring women. This trip is challenging, but much more rewarding than lazing by a pool for 12 days."*

**Jess**

## 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 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. Read about the history and culture of the country.
8. Learn some of the local language Tetum.
9. Get some US dollars and pack your bags
10. Enjoy the adventure