



6th International Conference on Early Psychosis

20 - 22 October 2008 • Melbourne Australia

Pre & Post Conference Tours

Sebel Heritage Yarra Valley

Day 1.

Just a short 45 minute drive from Melbourne's CBD, The Sebel Heritage Yarra Valley is located at the gateway to the Yarra Valley wine region in an area of outstanding natural beauty and is part of the prestigious Heritage Golf and Country Club and Heritage Retreat and Day spa.

Upon check in the friendly staff at The Sebel will advise you of all the wonderful facilities within the resort. The rest of your afternoon is at your leisure. Experience the local produce with a two course dinner at Bella restaurant.

Two night stay: The Sebel Heritage

Day 2.

Wake up to a full country style breakfast. Then the Yarra Valley is at your doorstep and has over 80 wineries and cellar doors producing some of Australia's best wine. Spend the afternoon relaxing at the Dayspa with a choice from one of the indulgent Signature Spa treatments.

Day 3.

After a full country style breakfast you may choose to enjoy a round of golf on the only private Jack Nicklaus golf course in Australia. Then prepare for your transfer back to the city.

Package inclusions;

- Two nights in a Deluxe Room
- Full Breakfast Daily
- Two course a la carte dinner on one evening
- One signature Spa Treatment or 18 holes of golf includes motorised cart
- Return private car transfers

Cost: AUD 740.00 per person, double or twin share occupancy.



Peppers Moonah Links Mornington Peninsula

Day 1.

Peppers Moonah Links is located one and half hours drive from Melbourne's CBD. The Resort is the ultimate destination for golf enthusiasts and perfect for visitors looking for stylish accommodation from which to explore the delights of the Mornington Peninsula region.

Enjoy the view by the fireplace while dining on a three course dinner at Pebbles restaurant.

Two night stay: Peppers Moonah Links

Day 2.

Wake up to a full country style breakfast. The Mornington Peninsula is famous for its fine wineries, restaurants and beautiful beaches. Fishing, boating, horse riding, bushwalking, historic parks and charming nearby towns of Portsea and Sorrento are a sample of things you can try.

Day 3.

After a hearty breakfast, the day is at your leisure to enjoy a round of golf on the resort's championship course or be pampered with a massage at the Endota Day Spa, whichever you find the most relaxing. Prepare for your transfer back to the city.

Package inclusions;

- Two nights in a luxury One Bedroom Suite
- Full Breakfast Daily
- Three course a la carte dinner on one evening
- 18 holes of golf including cart or a 1 hour massage
- Return private car transfers

Cost : AUD 870.00 per person, double or twin share occupancy



Ayers Rock and the Red Centre

Day 1.

Depart Alice Springs this morning, stop at the Outback Camel Farm before arriving at Kings Creek Station. Proceed to our exclusive Kings Canyon Wilderness Lodge, set in a typical Central Australian bush environment among the Desert Oak trees a tree that is only found in this region of Central Australia. Enjoy a guided walk around the rim of Kings Canyon and through the 'Lost City' and 'Garden of Eden', see the towering walls and unique plant life. Dinner tonight is under the stars around the campfire (weather permitting). Sample some of the gourmet bush foods of Australia. After dinner relax around the fire with drinks or coffee.

One night stay: Kings Canyon Wilderness Lodge

Day 2.

After breakfast join an exclusive tour of the grounds of the cattle station for a chance to spot wild camels, kangaroos and other wildlife. See ancient Aboriginal petroglyphs (rock engravings) before departing for Ayers Rock Resort. This afternoon travel to Kata Tjuta, enjoy a guided walk into majestic Walpa (Olga) Gorge. View Uluru at sunset as you enjoy a glass of wine.

Two Night Stay: Ayers Rock Resort , Sails in the Desert

Day 3.

Enjoy a cup of tea or coffee as you witness Uluru at sunrise. Join a guided walk to the waterhole of Mutitjulu followed by the guided Mala Walk. Visit the Uluru Kata Tjuta Cultural Centre and Maruku Arts and Craft Cooperative. Tonight, journey into the desert for the 'Sounds of Silence' dinner. Savour Australian delicacies as the sun sets behind the domes of Kata Tjuta and let an astronomer take you on a tour of the Outback skies.

Day 4.

Be transferred to Ayers Rock airport for your flight.

Package inclusions;

- Three nights in Deluxe Accommodation
- Breakfast & two Dinners
- All Touring

Cost: AUD1730.00 per person, double or twin share occupancy. This tour does not include airfares.



Cairns, Great Barrier Reef

Day 1.

We welcome you on your arrival in this colorful tropical city and transfer you to your hotel. The afternoon is at your leisure, visit the lagoon on the Cairns Promenade and the many wonderful restaurants featuring fresh local produce.

Three Night Stay Shangri La, The Marina.

Day 2.

Today enjoy a full day Quicksilver cruise to the Great Barrier Reef. Board the 'Wavepiercer' and journey to the outer reaches of the Barrier Reef at Agincourt Reef. With the assistance of your friendly and knowledgeable Quicksilver crew, choose to snorkel or swim among the colourful coral and spectacular fish. Alternatively, you may wish to view the stunning underwater world from aboard the semi submersible boat or from the underwater viewing platform.

Day 3.

Join the Skyrail Cableway and enjoy spectacular views over the rainforest canopy to Kuranda, then to the Rainforestation Nature Park. See the brilliant performance of the Pamagirri Aboriginal Dancers, then be escorted on a Dreamtime Walk. Enjoy a ride in the Army Duck before visiting the wildlife park. Have your photo taken with a koala (own expense). Join the Kuranda Scenic Railway for your return to Cairns.

Day 4.

Free time before airport transfer.

Package inclusions;

- Three nights in Deluxe Accommodation at the Shangri La
- Outer Barrier Reef Cruise
- Lunch on the Great Barrier Reef
- Touring

Cost: AUD 1080.00 per person, double or twin share occupancy. This tour does not include airfares.



Day 1.

Arrive in Gladstone and transfer via Scenic Helicopter to one of the most spectacular reef destinations in the world, Heron Island. As the mainland quickly fades away, the aqua waters of the reef appear to line your path and, on the horizon, the landscape of a coral cay is rising. On arrival, you are welcomed with a guided tour, and then shown to your room. Grab your snorkel, flippers and wetsuit, and in no time, you're swimming straight off the beach and over coral gardens teeming with marine life.

Four Night Stay Heron Island

Day 2.

No holiday on Heron is complete without signing up for some of the famous interpretive tours. Choose from island ecology walks, reef walks or birdlife tours. Or you can opt for the more relaxed approach, and let the afternoon, your cares, and the outside world drift away with an indulgent treatment at the Aqua Soul Spa.

Day 3.

Heron is a mecca for diving and snorkelling, so try a "learn to dive" or "referral" diving course. If you're into fishing, you can charter a vessel. And if you'd prefer not to get your feet wet, the semi-submersible tour provides a fabulous insight into the kaleidoscope of marine life below the surface.

After dinner, get into some real star gazing, with a guided tour of the sparkling night sky.

Day 4.

Heron's nature wonderland is rich with marine fauna too, so you can learn all about the local wildlife at one of the interpretive presentations.

After dinner, enjoy live entertainment and dance your last night away at the Pandanus Lounge and Baillie's Bar. A romantic moonlit stroll along the spectacular white beach is a must do before you go.

Day 5.

Return again via a bird's eye view of this island paradise as you depart via helicopter transfer to Gladstone this will offer a totally new perspective on the Great Barrier Reef.

Package inclusions;

- Four nights in a Reef Suite
- Breakfast
- Scenic Helicopter Transfer - Gladstone Airport to Heron Island

Cost: AUD 1345.00 per person based on twin or double occupancy. This tour does not include airfares to Gladstone.



Rock and Reef

Day 1.

Arrive at your oasis of comfort and relaxation, the world-class Voyages Ayers Rock Resort. Take the afternoon to settle in to the comforts of your hotel, relax by the pool or take a trip into the town square and visit the tour & information centre to see what touring options are available.

Tonight dine under a canopy of stars at the award-winning "Sounds of Silence" with Uluru and Kata Tjuta as your back drop. This is a truly unique event, offering the best of the Red Centre distilled into four unforgettable hours. The event includes transfers, entertainment, canapés, beer, wines and non-alcoholic beverages, gourmet barbecue buffet, dessert, tea, coffee, port, star talk and stargazing.

Two night stay Ayers Rock Resort

Day 2.

After a hearty buffet breakfast, choose one of many touring options on offer. Ride a camel across the desert dunes. Hop on a Harley or take a scenic helicopter flight if you rather. There are over 65 tours, local activities and attractions within the Resort and the Uluru-Kata Tjuta National Park to choose from. By night, the Ayers Rock Resort's attractions are a feast for the senses. From gourmet delights under a desert sky, to grilling a barramundi steak on the BBQ, you can choose from ten fabulous dining experiences.

Day 3.

This morning take in the earth's magical colours at Desert Awakenings. Travel to a secluded sand dune to watch the spectacular sight of sunrise over Uluru Kata Tjuta. In the company of your expert guide Desert Awakenings is designed to introduce you to the natural and cultural landscape of this remarkable region. Enjoy a light breakfast before heading to Uluru Kata Tjuta National Park and the Cultural Centre. The tour includes a visit to Mutitjulu waterhole in the shadow of Uluru.

Next you will check out and depart to Ayers Rock Airport for your flight to Cairns.

Arrive at Cairns Airport and transfer to Dunk Island by scenic flight. Once you've checked in, take in the natural beauty of Australia's most spectacular rainforest island. Then head down to the beach for some water sports. Choose from surf skis, sail boards and catamarans – all available free of charge.

Three Night Stay Dunk Island

Day 4.

Start the day with a hearty breakfast. Then relax by the pool with a good book, or take a day trip to the Great Barrier Reef, where you'll experience this amazing underwater wonderland of colour and movement firsthand. Or perhaps pamper yourself and your partner with a side-by-side treatment in the decadent Spa of Peace and Plenty. The choice is yours!

Day 5.

If it's adventure you're craving, ride to the island summit on horseback, explore the island by foot on one of the many national park walking trails, play 9 holes of golf, or circumnavigate the island by jet ski to discover hidden reefs, sheltered bays and secluded beaches. Get active on the water in the afternoon – water-skiing, wake-boarding, tube rides and parasailing are all here for you to enjoy.

Day 6.

Fly direct from Dunk Island airport back to Cairns. As you fly over the azure waters, with fond memories of a truly remarkable journey, we are sure you will be already planning your next holiday.

Package inclusions;

- Return Airport Transfers to Ayers Rock Resort
- Two nights in Sails in the Desert, Ayers Rock Resort
- Sounds of Silence Experience & Desert Awakenings Tours
- Return Scenic Flights from Cairns to Dunk Island
- Three nights in Beachfront Room Dunk Island & breakfast



Cost: AUD 1715.00 per person based on twin or double occupancy.
This tour does not include airfares.

For more information on Travel and Tours contact: tours@icmsaust.com.au