

You are invited to join **Ita Buttrose**
on the Travelrite International 2019

ICELAND, Norwegian Fjords & Ireland Cruise

Aboard P&O Arcadia

14 July to 5 August 2019

Visiting Paris, France;
London, UK; Olden, Andalsnes, Norway;
Akureyri, Isafjordur, Reykjavik, Iceland;
Dublin, Ireland

*Including
stays in Paris
& London*


P&O CRUISES

 **TRAVELRITE**
INTERNATIONAL

*in association with
Peter & Pam Rowe*



Ita Buttrose

Ita Buttrose is one of Australia's most recognisable media personalities having worked in print, radio and television. The 2013 Australian of the Year, her distinguished media career includes several notable achievements. She was the founding editor of *Cleo* magazine, the youngest-ever editor of *The Australian Women's Weekly*, the first woman to ever edit a major metropolitan newspaper in Australia as Editor-in-Chief of the *Sydney Daily & Sunday Telegraphs*, and the first woman director of News Ltd Australia. She started her own publishing company, Capricorn Publishing before going on to launch, *ITA Magazine* which included the ITA Travel Club. Ita helped organise and travelled with the readers of her magazine on tours to the Caribbean, Vancouver and Alaska, Los Angeles and New York. "I love travelling and seeing new places, trying different cuisines and of course shopping," Ita says. "I particularly like cruising because it's so relaxing. It's the ideal way to travel." In 2011, her early career was celebrated in the ABC mini-series *Paper Giants: The Birth of Cleo*. She has twice been voted Australia's most admired woman. She's the mother of two and a grandmother of five and has even been immortalised in the 1980 Cold Chisel song, *Ita*. Outside her impressive career in journalism, she's a best-selling author of 11 books including her autobiography, *A Passionate Life*, and is hard at work on her 12th book. Her current charitable responsibilities include serving as Chair of the Australian Mental Health Prize Advisory Group and as National Ambassador of Dementia Australia following her term as National President from 2011-2014. She is also Patron of the Macular Disease Foundation, Emeritus Director of Arthritis Australia and Ambassador for Breast Cancer Network Australia. She received an AO for her services to the community especially in the field of public health education when she spearheaded Australia's HIV/AIDS Education Program, an OBE for her services to journalism, and a Centenary Medal for business leadership. In 2014 Sydney's Macquarie University conferred an Honorary Doctor of Letters on Ita in recognition of her contribution to the arts. In 2015, Ita was conferred an Honorary Doctor of Letters by the University of Wollongong, for her contribution to mental health and ageing.

ICELAND, Norwegian Fjords & Ireland Cruise

We invite you on this unique escorted cruise to the wonders of the Iceland, Norwegian Fjords & Ireland which will combine Ita's natural humour and "down-to-earth" manner with extraordinary visits to fascinating cities and cultural sites.

This will be a holiday of a lifetime.



Highlights:

During the tour you will have the opportunity to...

- meet and chat with Ita Buttrose, one of Australia's most decorated and successful business women
- witness the world-famous eruptions of the boiling geyser at Reykjavik
- dine on the Eiffel Tower against the magnificent Parisian skyline
- attend the internationally renowned Moulin Rouge theatre show
- photograph breath-taking and dramatic fjords, towering alps and majestic mountain peaks
- ride the spectacular London Eye for magnificent views
- attend the theatre in London's West End as an optional extra
- attend the opera at Covent Garden as an optional extra
- bathe in the medicinal and stunning turquoise waters of Iceland's Blue Lagoon

P&O Arcadia



Exclusively for adults, Arcadia offers a relaxed pace, stylish surroundings and more than a hint of extravagance to P&O Cruises. Arcadia's signature features such as her exterior glass-fronted lifts and expansive art collection, featuring no less than 3,000 works of art, create a sophisticated air. Take a stroll up to Sky Deck and, in addition to great views you'll find The Orchid Bar and Orchid Restaurant, a Select Dining venue which offers immaculately presented Asian fusion dishes; a treat for the senses. Arcadia has many a place to happily while away an hour or two; Caffè Vivo, The Piano Bar and The Rising Sun pub to name but a few. There are plenty of ways to keep active too, but the ultimate route to feeling great has to lie with a visit to Arcadia's wonderful spa which includes a large hydrotherapy pool and a thermal suite complete with fragrant aromatic showers. By evening, you'll find spellbinding shows in The Palladium theatre, a lively casino, Electra nightclub and The Globe, offering anything from comedy to live music. A voyage on the P&O Arcadia is an experience to be savoured and remembered!

Day 1 Sunday 14 July 2019

We depart Australia today on our international flight to Paris – the *City of Light*, covering 105km² with a population of around 12 million. Jean Cocteau said of Parisians, “everybody wants to be an actor; nobody is content to be a spectator”. Yes, we could be in for an entertaining time!

Day 2 Monday 15 July 2019

On arrival at Charles De Gaulle airport we will be met by our private coach and guide for our sightseeing tour and transfer to our hotel. We will see Parisienne sites including the Eiffel Tower, Arc De Triomphe, Seine River, Notre Dame, La Madeleine, Sacre-Coeur and drive down the famous Champs Elysees. The afternoon is at leisure to rest before our Welcome Dinner at 58 Tour Eiffel Restaurant for truly magnificent city views and a spectacular dinner featuring fresh French cuisine.

Day 3 Tuesday 16 July 2019

This morning with our guide and coach we travel into the French countryside to visit the charming town of Giverny, home of the world-famous impressionist painter, Claude Monet. Strolling around the lake immortalised in his water-lily series of paintings will be a marvellous experience followed by free time to enjoy a local lunch, prior to returning to our hotel. This evening we attend the absolutely stunning Moulin Rouge for the world renowned stage show.

Day 4 Wednesday 17 July 2019

Today we will be escorted by our guide to the exhilarating high-speed Eurostar for our transfer to London. Taking less than 2.5 hours, it spends 20 minutes under the English Channel. Following our arrival in London we have a leisurely guided sightseeing coach tour including the Tower of London, Buckingham Palace, Trafalgar Square, Big Ben, where in 1945 a flock of birds landed on the minute hand and put the time back by 5 minutes! We will also see St. Paul's Cathedral, Westminster Abbey and much more.

Day 5 Thursday 18 July 2019

Today is at leisure to experience authentic London culture, style and city ambience. You may enjoy a visit to one of the many internationally renowned art galleries or museums or simply relax in a local “pub” to soak-up some quaint “cockney” atmosphere. In the evening we have organised an exciting optional extra that enables you to attend the “Opera with Ita” at the Royal Opera House, Covent Garden, which has his HRH, The Prince of Wales as patron. Its original construction was in 1732 and is now in magnificent condition after two disastrous fires in 1808 and 1856.

Day 6 Friday 19 July 2019

After a casual start to the day we take a ride on the spectacular London Eye to get a bird's eye view of this lively and sophisticated city. It is the world's second-largest ferris wheel and most popular paid tourist attraction in the United Kingdom, with over 3.75 million visitors annually. Our evening will prove to be truly memorable and very British when, as an optional extra, we see a theatrical performance in the world renowned West End, home to brilliant and captivating live theatre.

Day 7 Saturday 20 July 2019

We depart London this morning and travel to Southampton to board the adult only P&O Arcadia for our Norwegian Fjords, Iceland and Ireland cruise.

Day 8 Sunday 21 July 2019

Our first day is at leisure to explore Arcadia's wonderful facilities and activities designed to pamper, relax and spoil you. The culture combines chic with classic at a relaxed pace in stylish surroundings with a hint of extravagance.

Day 9 Monday 22 July 2019

It will be a fascinating and insightful session today when Ita delivers *Part 1 of My Life and the Media* complete with refreshments and tea/coffee. In addition to many topics she will chart the changes that have occurred in the media – and Australia – since the days when she was the founding editor of *Cleo* magazine, the youngest ever editor of the *Australian Women's Weekly*, the first woman to ever edit a major metropolitan newspaper in Australia as Editor-in-Chief of the *Sydney Daily & Sunday Telegraphs*.

Day 10 Tuesday 23 July 2019

This morning our local guide will introduce us to the history and culture of picturesque Olden, located at the head of Nordfjord, the 6th-longest fjord in the country. It has a population of around 500 and its two churches date from approximately 1300. Scenic and serene Nordfjord is situated between the biggest glacier in mainland Europe and Norway's wildest stretch of coast at Stad. This 150-km-long area from west to east and ocean to glacier, offers lots of great and readily accessible scenic and cultural experiences.

Day 11 Wednesday 24 July 2019 Andalsnes/Romsdalsfjord- Norway

After meeting our local guide we will learn about the famous fly-fishing in the Rauma River and the history and customs of Andalsnes including the landing of British troops in April 1940 as part of the pincer movement to take Trondheim. Remember to bring your camera to capture the spectacular and dramatic scenery surrounding this charming and friendly town at the base of the towering Romsdal Alps with its majestic mountain peaks.

Melbourne - Paris**Paris****Paris - London****London****London****Southampton - Embarkation****At sea****At sea****Olden / Nordfjord - Norway****Day 12 Thursday 25 July 2019**

Today Ita will present *Part 2 of My Life and the Media* complete with refreshments and tea/coffee. It will be exciting to hear Ita, who has twice been voted Australia's most admired woman discuss, among many other topics, her role as Ambassador of Breast Cancer Network Australia, her AO for spearheading Australia's HIV/AIDS Program and her Centenary Medal for Business Leadership.

Day 13 Friday 26 July 2019

This morning we dock in Akureyri, the unofficial capital of northern Iceland. During our guided tour we will visit one of Iceland's most famous 19th-century turf houses at Laufas, constructed in the traditional Icelandic style of stone and turf. It is one of the few remaining in the country. Our visit will also include the fascinating regional museum and charming local country church built in 1865. On our return to Akureyri, we will visit the Botanical Gardens, with its specialty in Arctic plants.

Day 14 Saturday 27 July 2019

During our guided tour of the town it will be interesting to view Osvor, the 19th-century fisherman's hut that was restored in 1988. The drive onto Bolungarvik village will reveal spectacular mountain views and Westfjords beautiful but sometimes harsh landscape. Our coach will then move on to the Buna Tungva River and Tunguskogur waterfall where we can sip the indescribably pure and crystal clear mountain water. The fjords on the northwest coast and mountains rising from the sea combine to produce breathtaking scenery. Don't forget to bring your camera!

Day 15 Sunday 28 July 2019

This morning Arcadia docks at Reykjavik, the capital and largest city in Iceland and gateway to the country's stunning natural wonders, ranging from icefields to boiling thermal pools. Our coach and guide will introduce us to the 'Golden Circle', where we see the world-famous high-temperature Geyser geothermal area with amazing spouting springs in varying formations. Interestingly, this is where the name geyser originated. The nearby spectacular Gullfoss (Golden Waterfall) sends massive quantities of water smashing violently into a deep meandering gorge. Our tour concludes when we visit the site of Iceland's ancient parliament and the place where we can view the American and Eurasian tectonic plates pulling apart at the rate of a few centimetres per annum.

Day 16 Monday 29 July 2019

Today will be a quite different and unique experience when we visit the world renowned Blue Lagoon and have the opportunity to immerse ourselves in its beautiful milky-turquoise opaque water (optional) – remember to bring your swimming gear! Formed in 1976, it's warm and soothing, mineral enriched seawater renews every 48 hours. You are free to enjoy entering the cave where an audio guide provides fascinating information about the lagoon. Following lunch and perhaps a visit to the gift shop for some healthcare and skin products we return to the Arcadia.

Day 17 Tuesday 30 July 2019

A relaxing day on the Arcadia lies in wait for you to perhaps visit the fully equipped, state of the art gym, whirlpool spa, sauna or steam room. It also maybe an opportune time to attend bridge, dance or watercolour classes or indulge your tastebuds at Sindhu restaurant that showcases the cuisine of trice Michelin-starred Atul Kochar in spectacular style.

Day 18 Wednesday 31 July 2019

This afternoon is a unique opportunity to share a relaxed tea/coffee and refreshments with Ita and chat about her extraordinary range of achievements including perhaps her portrayal in the ABC mini-series *Paper Giants*, her contribution to mental health and ageing or her autobiography *A Passionate Life*.

Day 19 Thursday 1 August 2019

Today we arrive in Dublin, the capital of the Republic of Ireland and well-known as being a place of friendliness and 'craic'. Our sightseeing tour will include visits to St. Patrick's Cathedral, Trinity College where we can see the famous Book of Kells believed to have been created in 800AD, the Ha'penny Bridge, GPO in O'Connell Street, St Stephen's Green and Grafton Street, the fifth-most expensive main shopping street in the world.

Day 20 Friday 2 August 2019

Today is at leisure to continue to enjoy the wonderful facilities and activities on this adult only ocean cruiser. In the evening we will enjoy an included Farewell Drinks party to celebrate our time in Iceland, Norway and Ireland – yes, some great memories will be shared.

Day 21 Saturday 3 August 2019

This morning we disembark and transfer to Heathrow airport for our return flight to Australia.

Day 22 Sunday 4 August 2019**Day 23 Monday 5 August 2019**

We arrive back in Australia and tour arrangements conclude.

At sea**Akureyri - Iceland****Isafjordur - Iceland****Reykjavik - Iceland****Reykjavik - Iceland****At sea****At sea****Dublin****At sea****Southampton - Disembarkation****In-flight****Australia**

Relax and enjoy!

ICELAND, Norwegian Fjords & Ireland Cruise

14 July to 5 August 2019

Tour Inclusions:

- Return economy-class air travel from Brisbane/Sydney/Melbourne to Paris and return from London
- Travel on P&O Arcadia in the selected cabin category
- All meals, entertainment and service charges on P&O Arcadia
- Tour hosting by Ita Buttrose
- Hotel 4-star accommodation in Paris (2 nights) & London (3 nights) including daily breakfast
- Specialist local guides/entrance fees as detailed in the itinerary
- All airport and hotel transfers as listed in the brochure
- Travel in 1st-class chartered coaches with A/C
- Porterage and tips
- Entry fees as specified in the itinerary
- Dinner on the Eiffel Tower, Paris
- Moulin Rouge show, Paris
- Farewell drinks party on P&O Arcadia
- Eurostar rail journey from Paris to London
- Fully escorted by Peter & Pam Rowe providing general support and assistance
- Cruise charges and taxes

Tour Exclusions:

- Travel insurance
- Additional travel arrangements not detailed in the itinerary; these will be quoted for separately
- Payment for activities detailed as optional in itinerary
- Passport and visa fees
- Drinks on board
- Lunches when not on the ship
- Air taxes
- Ship gratuities

Extending: You can stay longer in Europe for minimal extra cost. Please contact 1800 033 436 for more information.

Cabin / Description		Deck	Twin-share Fare PP	Single Supplement
PE	Inside Stateroom	A,B,C,D,E	\$ 8995	\$ 2235
PD	Inside Stateroom	B,C,D	\$ 9050	\$ 2270
OC	Large Inside Stateroom	Sun,A,G	\$ 9250	\$ 2380
NB	Outside Obstructed View	E	\$ 9495	\$ 2450
LE	Outside Stateroom	C,G	\$ 9850	\$ 2625
LC	Outside Stateroom	G	\$ 9895	\$ 2645
EE	Deluxe Balcony	A,B,C,D,E	\$ 10550	\$ 2960
ED	Deluxe Balcony	B,C,D	\$ 10595	\$ 2985
EC	Deluxe Balcony	Sun,A,E	\$ 10650	\$ 3020
Included port & handling charges			\$ 490	\$ 784
Air taxes & surcharges to be added to invoice			\$ 355	\$ 355



General information and booking conditions

International touring can involve a considerable amount of walking and stair climbing in the places visited and it is important that all tour participants have a level of physical fitness that allows them to take part in this activity without the need of assistance from others.

Tour Operator: Travelrite International Pty Ltd (ABN 64 005 817 078) is the tour organiser. P&O Arcadia is operated by P&O Cruises and the fly/cruise arrangements are subject to the terms and conditions and general information detailed in the P&O Cruises brochure 2019. All passengers must complete and sign a Travelrite International booking form.

Deposit and Payment: A deposit of \$900 per passenger should be sent with a completed Travelrite International booking form that lists your requested cabin category. As soon as the booking is confirmed, (usually within 24 hours), a cruise confirmation advice will be posted to the client. The confirmation advice will contain all details. The passenger must also complete P&O Cruises online cruise personaliser at www.pocruises.com. Final payments are due to be paid to Travelrite International 90 days prior to the commencement of the fly/cruise. A 1.5% administration fee will be added to payments by Visa or Mastercard and 3 % for payment by AMEX or Diners Club cards.

Cancellation Charges: Number of days before sailing.

Days prior to Departure	Cancellation Fee
Over 90 days	loss of deposit
90 - 61 days	75% of full fare
60 days or less	100% of full fare
Non-appearance/no written notice:	100% of full fare.

Refunds: The tour is based on arrangements that do not allow for any refunds in respect to sightseeing, accommodation, meals, airfare or other services not utilised after the tour has commenced.

Travel Documents: All passengers will require a valid passport with six month validity. If not an Australian passport holder check with Travelrite International for visa requirements.

Travel Insurance: Adequate travel insurance is highly recommended to cover cruise members for the consequences of unforeseen events during the cruise and for cancellation fees which could result from events such as illness, accident, death etc.

Baggage: Passengers qualify for a 20kg free baggage allowance on flights to join or return from the cruise.

Minimum Tour Numbers: The fly/cruise arrangements have been made on the basis of a minimum number of passengers travelling. In the event that less than the required number of passengers have confirmed their booking 91 days from the date of departure, Travelrite International reserves the right to cancel the tour, giving a full refund of monies paid, or offer arrangements to proceed with the tour at a modified fare.

Responsibility: Travelrite International Pty Ltd is the tour organiser. Travelrite International Pty Ltd, its agents, officers, affiliates, and/or suppliers of services pursuant to, or in connection with these fly/cruises, shall act only as agents in making arrangements for hotels, transportation, including transportation by ship, restaurants, or any other service and do not assume any liability whatsoever for any injury, damage, death, loss, accident or delay to person or property due to an act of negligence or a default of any hotel, carrier restaurant company or person rendering any services included in fly/cruises, or by act of God. Further, no responsibilities are accepted for any damage or delay due to sickness, pilferage, labour disputes, machinery break-down, quarantine, government restraints, weather, terrorism or other causes beyond their control. No responsibility is accepted for any additional expense, omission, delays, re-routing or acts of any government authority. Baggage is at owners' risk throughout the fly/cruise. The passage contract between the carriers concerned, when issued, shall constitute the sole contract between the carriers and the purchasers of this fly/cruise and/or the passengers. The right is reserved to withdraw any fly/cruise and/or make such changes in the fly/cruises as may be found desirable or necessary for the convenience of the parties and the proper carrying out of the fly/cruise. This contract shall be construed in accordance with the laws of the State of Victoria, Australia and any legal action must be undertaken in the State of Victoria. Attention is also directed to the terms and

conditions of P&O Cruises fly/cruise passage contract, detailed on the back of the P&O Cruises reservation form. If you do not have a copy of this form please contact Travelrite International and we will send one to you.

How to Book: Bookings can be made by completing a booking form and sending it with a deposit of \$900 per person to:

About Travelrite International: Travelrite International Pty Ltd (ABN 64 005 817 078) is a well-established travel company which has been marketing throughout Australia for over 30 years and operating in Victoria for more than 35 years. It has two fully ATAS (no. A10538) and IATA accredited offices at Balwyn and Heathmont. As such they directly represent the major airlines of the world and all major domestic and international hotel, tour and transport operators. Travelrite International Pty Ltd is a full member of Australian Federation of Travel Agents – AFTA.